



Boyertown Area YMCA

Daniel B. Boyer Center

301 West Spring Street, Boyertown 610-369-YMCA

GROUP EXERCISE SCHEDULE

Summer 2: July 25 - September 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 5:45-6:30 am Greg	Cycling 5:45-6:30 am Patrick	Dance Energy G 9:05-10 am Jody	Cycling 5:45-6:30 am Greg	Creative Pilates AF 5:45-6:45 am Mike	Barbell 8:30-9:30 am
Pilates for Golfers AF 8-8:45 am Mike	Brick O 5:45-6:45 am Tina	Cardio Camp 9:15-10:15 am Kim	Distance Running O 5:45-6:45 am Tina	Golden Stars Fitness 8:15-9 am Kathy	Cycling 9:30-10:30 am
Dance Energy G 9:05-10 am Jody	Golden Stars Fitness 8:15-9 am Kathy	Creative Pilates AF 10:10-11 am Mike	Pilates for Golfers AF 8-8:45 am Mike	Dance Energy G 9:05-10 am Jody	Sunday Yoga AF 1-2:30 pm
Cardio Camp 9:15-10:15 am Heidi	Barbell 9:15-10:15 am Kim	Fitness Focus 10:15-11:15 am Jody	Barbell 9:15-10:15 am Heidi	Turbo Kick 9:15-10:15 Melissa	
Yoga 1 AF 9:30-10:30 am Ceil	Yoga 1 AF 9:30-10:30 am Heather	Gentle Yoga In Chairs 11:10 am-12:10 pm Lili	Yoga 1 AF 9:30-10:30 am Lili	Creative Pilates AF 10:10-11 am Mike	
Fitness Focus 10:15-11:15 am Jody	Traditional Pilates AF 10:30-11:30 am Mike	Barbell 12:10-1:10 pm Monica	Y Lite 4:30-5:30 pm Jody	Cycling 5:30-6:30 pm Patrick	
Barbell 12:10-1:10 pm Monica	Cycling 12:10-1 pm Monica	Cycling Express 5:30-6 pm Carol	Cycling Express 5:30-6 pm Val		
Cycling Express 5:30-6 pm Terry/Val	Y Lite 4:30-5:25 pm Jody	BLT+ 6:05-6:35 pm Carol	Tween Strive Circuit Y 6-6:30 pm James		
Speed Training BASH 5:45-6:45 pm Tina	Cycling Express 5:30-6 pm Annette	Barbell 6:40-7:40 pm Amy	Abs & Arms 6:05-6:35 pm Val		
BLT+ 6:05-6:35 pm Terry/Val	Abs & Arms 6:05-6:35 pm Annette	Du Tri Run Swim Training BCP 7-8 pm Tina	Creative Step 6:40-7:25 pm Elaine		
Yoga for Athletes AF 6:35-7:40 pm Ceil	Tween Strive Circuit Y 6-6:30 pm James	Tai Chi Intermediate 7:45-8:35 pm Charles	Yoga for Athletes AF 6:35-7:40 pm Ceil		
Turbo Kick 6:40-7:40 pm Christy	Express Step 6:40-7:10 pm Elaine				
Tai Chi Beginner 7:45-8:35 pm Charles	Yoga 1 AF 7-8 pm Heather				

Classes are subject to change.

Check our website for the latest schedule

www.boyertownymca.org

CLASSES HELD:

Blank = Multi-Purpose Room
 O = Outside
 AF = Alternative Fitness Room

Y= Youth Wellness Center
 G = Gymnasium
 P = Pool

FC = Fitness Center
 BASH = Boyertown Area High School Outdoor Track
 BCP = Boyertown Community Pool