



BOYERTOWN AREA YMCA

DANIEL B. BOYER CENTER

301 West Spring Street, Boyertown 610-369-YMCA

GROUP EXERCISE SCHEDULE

Winter: January 2 - February 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling <i>CS 5:45-6:30 am</i> <i>Patrick</i>	Cardio Camp <i>5:40-6:25 am</i> <i>Tina</i>	Traditional Pilates <i>AF 5:45-6:30 am</i> <i>Mike</i>	Treadmill Training <i>FC 5:35-6:30 am</i> <i>Tina</i>	Creative Pilates <i>AF 5:45-6:30 am</i> <i>Mike</i>	Distance Running <i>O 7:30-9 am</i> <i>Tina</i>
Pilates for Golfers <i>AF 8-8:45 am</i> <i>Mike</i>	Golden Stars Fitness <i>8-8:45 am</i> <i>Kathy</i>	Dance Energy <i>G 9:05-10 am</i> <i>Jody</i>	Cycling <i>CS 5:45-6:30 am</i> <i>Carol</i>	Balance Yoga <i>AF 9-10 am</i> <i>Marge</i>	Barbell <i>8:30-9:25 am</i> <i>Rotating Instructors</i>
Dance Energy <i>G 9:05-10 am</i> <i>Jody</i>	Lift-N-Ride <i>9:15-10:45 am</i> <i>Kim</i>	Cardio Camp <i>9:15-10:10 am</i> <i>Kim</i>	Pilates for Golfers <i>AF 8-8:45 am</i> <i>Mike</i>	Dance Energy <i>G 9:05-10 am</i> <i>Jody</i>	Cycling <i>CS 9:30-10:30 am</i> <i>Rotating Instructors</i>
Kickbox Camp <i>9:15-10:10 am</i> <i>Heidi</i>	Yoga <i>AF 9:30-10:30 am</i> <i>Heather</i>	Fitness Focus <i>10:15-11:15 am</i> <i>Jody</i>	Lift-N-Ride <i>9:15-10:45 am</i> <i>Heidi</i>	Cardio Camp <i>9:15-10:10 am</i> <i>Christy</i>	
Yoga <i>AF 9:30-10:30 am</i> <i>Lili</i>	Traditional Pilates <i>AF 10:30-11:30 am</i> <i>Mike</i>	Creative Pilates <i>AF 10:15-11 am</i> <i>Mike</i>	Yoga <i>AF 9:30-10:30 am</i> <i>Lili</i>	Creative Pilates <i>10:15-11 am</i> <i>Mike</i>	
Fitness Focus <i>10:15-11:15 am</i> <i>Jody</i>	Y-Lite <i>4:30-5:25 pm</i> <i>Jody</i>	Gentle Yoga in Chairs <i>AF 11:15 am-12:15 pm</i> <i>Lili</i>	Y-Lite <i>4:30-5:25 pm</i> <i>Jody</i>	Cycling <i>CS 5:30-6:30 pm</i> <i>Patrick</i>	
Barbell <i>12:10-1:05 pm</i> <i>Monica</i>	Total Body Express <i>5:30-6 pm</i> <i>Annette</i>	Zumba <i>12:10-1 pm</i> <i>Brooke</i>	Total Body Express <i>5:30-6 pm</i> <i>Val</i>		
Turbo Kick <i>5:30-6:30 pm</i> <i>Christy</i>	Tween Strive Circuit <i>Y 6-6:30 pm</i> <i>Youth Wellness Staff</i>	Turbo Kick <i>5:30-6:30 pm</i> <i>Angela</i>	Tween Strive Circuit <i>Y 6-6:30 pm</i> <i>Youth Wellness Staff</i>		
Cycling <i>CS 5:30-6:30 pm</i> <i>Val</i>	Power Step <i>6:15-7 pm</i> <i>Elaine</i>	Cycling <i>CS 6-6:45 pm</i> <i>Bill/Jodi</i>	Power Step <i>6:15-7 pm</i> <i>Heather</i>		
Yoga for Athletes <i>AF 6:30-7:30 pm</i> <i>Ceil</i>	Cycling <i>CS 6:15-7 pm</i> <i>Annette</i>	Family Cardio Camp <i>G 6:15-7 pm</i> <i>Youth Wellness Staff</i>	Yoga For Athletes <i>6:30-7:30 pm</i> <i>Heather</i>		
Barbell <i>6:40-7:40 pm</i> <i>Terry</i>	Zumba <i>7-8 pm</i> <i>Abby</i>	Barbell <i>6:40-7:40 pm</i> <i>Terry</i>	Zumba <i>7-8 pm</i> <i>Abby</i>		
	Yoga <i>AF 7-8 pm</i> <i>Heather</i>				

Sunday
Du Tri Run
Swim Training
Advanced: 12:15-1:15 pm
Beginner: 1:15-1:45 pm
Tina

Classes are subject to change.
Check our website for the latest schedule
www.boyertownymca.org

CLASSES HELD:

- AF** = Alternative Fitness Room
- BASH** = Boyertown Area High School Outdoor Track
- BCP** = Boyertown Community Pool
- Blank** = Multi-Purpose Room
- CS** = Cycling Studio
- FC** = Fitness Center
- G** = Gymnasium
- O** = Outside
- P** = Pool - (indoor at Daniel B. Boyer Center)
- Y** = Youth Wellness Center