



A.E. Finley YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fitness: Aqua Fit AE Finley - Outdoor Pool						10 a.m.-10:55 a.m. (Group Fitness) <i>Julietha K.</i>	
Restore & Core: Barre AE Finley - Studio 2						10:15 a.m.-11:10 a.m. (Group Fitness) <i>Nichole C.</i>	
Restore & Core: Mat Pilates AE Finley - Studio 1						10:45 a.m.-11:40 a.m. (Group Fitness) <i>Brenda D.</i>	
Dance: Zumba AE Finley - Studio 1						11:45 a.m.-12:45 p.m. (Group Fitness) <i>Julietha K.</i>	
Yoga: Vinyasa Flow AE Finley - Studio 2						12 p.m.-12:55 p.m. (Group Fitness) <i>Cate M.</i>	
Conditioning: Cardio Strength AE Finley - Studio 1							9:30 a.m.-10:25 a.m. (Group Fitness) <i>Lori L.</i>
Conditioning: PiYo AE Finley - Studio 2							11:15 a.m.-12:15 p.m. (Group Fitness) <i>Angela E.</i>
Cycle: Blast AE Finley - Cycle Studio							11:30 a.m.-12:15 p.m. (Group Fitness) <i>Jay C.</i>
Strength: Lean and Cut AE Finley - Studio 1							11:30 a.m.-12:30 p.m. (Group Fitness) <i>Marianne B.</i>
Conditioning: MetCon AE Finley - Studio 1							12:45 p.m.-1:40 p.m. (Group Fitness) <i>Brenda D.</i>
Yoga: Slow Flow AE Finley - Studio 1							2 p.m.-3 p.m. (Group Fitness) <i>Jody K.</i>