



Kerr Family YMCA | June 22nd - June 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: Blast Kerr - Studio 1			5:30 a.m.-6 a.m. (Group Fitness) <i>Beth C.</i>				
Strength: Core Blast Kerr - Studio 2			6:05 a.m.-6:35 a.m. (Group Fitness) <i>Beth C.</i>				
Conditioning: Cardio Strength Kerr - Studio 2			7 a.m.-7:45 a.m. (Group Fitness) <i>Beth C.</i>	8:15 a.m.-9 a.m. (Group Fitness) <i>Heather R.</i>		8 a.m.-8:45 a.m. (Group Fitness) <i>Lisa W.</i>	
Aqua Fitness: Aqua HIIT Kerr - Outdoor Pool			7:30 a.m.-8:15 a.m. (Group Fitness) <i>Kelly C.</i> 8:30 a.m.-9:15 a.m. (Group Fitness) <i>Phillip L.</i> 9:30 a.m.-10:15 a.m. (Group Fitness) <i>Phillip L.</i>	7:30 a.m.-8:15 a.m. (Group Fitness) <i>Kelly C.</i> 8:30 a.m.-9:15 a.m. (Group Fitness) <i>Kelly C.</i> 9:30 a.m.-10:15 a.m. (Group Fitness) <i>Kelly C.</i>	7:30 a.m.-8:15 a.m. (Group Fitness) <i>Phillip L.</i> 8:30 a.m.-9:15 a.m. (Group Fitness) <i>Jennifer L.</i> 9:30 a.m.-10:15 a.m. (Group Fitness) <i>Jennifer L.</i>		
Strength: BODYPUMP™ Kerr - Studio 2			8 a.m.-9 a.m. (Group Fitness) <i>Heather G.</i> 10:30 a.m.-11:15 a.m. (Group Fitness) <i>Julie B.</i>	6:30 p.m.-7:30 p.m. (Group Fitness) <i>Heather D.</i>	11 a.m.-11:45 a.m. (Group Fitness) <i>Heather G.</i>	9 a.m.-9:45 a.m. (Group Fitness) <i>Heather D.</i>	12:30 p.m.-1:30 p.m. (Group Fitness) <i>Leigha F.</i>
Cycle: Force Kerr - Studio 1			9:15 a.m.-10 a.m. (Group Fitness) <i>Ashley G.</i>	7 a.m.-7:45 a.m. (Group Fitness) <i>Kirsten L.</i>	7 a.m.-7:45 a.m. (Group Fitness) <i>Amanda P.</i> 9:15 a.m.-10 a.m. (Group Fitness) <i>Kristy D.</i>		
Yoga: Vinyasa Flow Kerr - Studio 2			9:15 a.m.-10:15 a.m. (Group Fitness) <i>Kelly K.</i>			12 p.m.-1 p.m. (Group Fitness) <i>Jane D.</i>	11:15 a.m.-12:15 p.m. (Group Fitness) <i>Lori L.</i>
Dance: Zumba Kerr - Group Fitness Gym Court			10:30 a.m.-11:30 a.m. (Group Fitness) <i>Cuqui G.</i>	6 p.m.-7 p.m. (Group Fitness) <i>Gaby D.</i>			

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Restore & Core: Mat Pilates Kerr - Studio 2			11:45 a.m.-12:45 p.m. (Group Fitness) <i>Gaby D.</i>			11 a.m.-11:45 a.m. (Group Fitness) <i>Jane D.</i>	1:45 p.m.-2:30 p.m. (Group Fitness) <i>Sue B.</i>
Conditioning: MetCon Kerr - Studio 1			12 p.m.-12:45 p.m. (Group Fitness) <i>Beth C.</i>	9:30 a.m.-10:15 a.m. (Group Fitness) <i>Katy C.</i>			
Thrive: Balanced and Strong Kerr - Studio 2			1 p.m.-1:45 p.m. (Group Fitness) <i>Gaby D.</i>				
Strength: Lean and Cut Kerr - Studio 2			4:30 p.m.-5:15 p.m. (Group Fitness) <i>Cuqui G.</i>		7 a.m.-7:45 a.m. (Group Fitness) <i>Julie B.</i> 4:30 p.m.-5:15 p.m. (Group Fitness) <i>Cuqui G.</i>		
Virtual In-Studio: Les Mills BODYCOMBAT Kerr - Studio 1			4:30 p.m.-5:15 p.m. (Group Fitness) <i>Staff</i>				
Conditioning: Athletic Conditioning Kerr - Studio 2			5:30 p.m.-6:15 p.m. (Group Fitness) <i>Amanda P.</i>		5:30 a.m.-6:30 a.m. (Group Fitness) <i>Beth C.</i>		
Virtual In-Studio: Les Mills CORE™ Kerr - Studio 1			5:30 p.m.-6 p.m. (Group Fitness) <i>Staff</i>		5:30 p.m.-6 p.m. (Group Fitness) <i>Staff</i>		
Yoga: Gentle Hatha Kerr - Studio 2			6:30 p.m.-7:30 p.m. (Group Fitness) <i>Sarah H.</i>				
Yoga: Slow Flow Kerr - Studio 2				5:30 a.m.-6:30 a.m. (Group Fitness) <i>Kirsten L.</i>	8 a.m.-8:45 a.m. (Group Fitness) <i>Cindy H.</i>		
Strength: Ripped and Strong Kerr - Studio 2				9:15 a.m.-10 a.m. (Group Fitness) <i>Heather G.</i> 4:30 p.m.-5:14 p.m. (Group Fitness) <i>Lisa R.</i>	9 a.m.-9:45 a.m. (Group Fitness) <i>Phillip L.</i>		
Conditioning: BODYCOMBAT Kerr - Studio 2				10:15 a.m.-11 a.m. (Group Fitness) <i>Heather G.</i>		10 a.m.-10:45 a.m. (Group Fitness) <i>April J.</i>	
Restore & Core: Pilates Sculpt Kerr - Studio 2				11:15 a.m.-12 p.m. (Group Fitness) <i>Sue B.</i>			
Cycle: RPM™ Kerr - Studio 1				12 p.m.-12:30 p.m. (Group Fitness) <i>Kate C.</i>		7:15 a.m.-8 a.m. (Group Fitness) <i>Julie B.</i>	

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Thrive: Chair Yoga Kerr - Studio 2				12:15 p.m.-1:05 p.m. (Group Fitness) <i>Kelly K.</i>			
Thrive: Cardio Strength Kerr - Studio 2				1:15 p.m.-2 p.m. (Group Fitness) <i>Rachael H.</i>	12 p.m.-12:45 p.m. (Group Fitness) <i>Julietha K.</i>		
Restore & Core: Barre Kerr - Studio 2				5:30 p.m.-6:15 p.m. (Group Fitness) <i>Kristy D.</i>			
Dance: Zumba Kerr - Studio 2					10 a.m.-10:45 a.m. (Group Fitness) <i>Cuqui G.</i>		2:45 p.m.-3:45 p.m. (Group Fitness) <i>Julietha K.</i>
Virtual In-Studio: Les Mills BODYBALANCE™ Kerr - Studio 1					4:30 p.m.-5:15 p.m. (Group Fitness) <i>Staff</i>		
Aqua Fitness: Aqua Fit Kerr - Outdoor Pool						8 a.m.-8:44 a.m. (Group Fitness) <i>Lisa R.</i> 9 a.m.-9:45 a.m. (Group Fitness) <i>Lisa R.</i>	
Cycle: Beats Kerr - Studio 1						8:30 a.m.-9:15 a.m. (Group Fitness) <i>Ryan K.</i>	11:15 a.m.-12 p.m. (Group Fitness) <i>Leah M.</i>
Aqua Fitness: Deep Power Kerr - Indoor Pool Group Fitness							12:30 p.m.-1:15 p.m. (Group Fitness) <i>Leah M.</i>