



# SPRING GROUP FITNESS SCHEDULE

LEOMINSTER COMMUNITY BRANCH  
YMCA OF CENTRAL MASSACHUSETTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>EARLY BIRD CYCLING</b> 5:15 - 6:15 am CLARENCE	<b>SUNRISE STRENGTH</b> 5:15 - 6:15 am GAIL	<b>EARLY BIRD CYCLING</b> 5:15 - 6:15 am SUSAN	<b>SUNRISE STRENGTH</b> 5:15 - 6:15 am GAIL	<b>EARLY BIRD CYCLING</b> 5:15 - 6:15 am JIM	
<b>SUNDAY CYCLING</b> 8:15 - 9:15 am JIM		<b>SUNRISE YOGA</b> 7:15 - 8:15 am Jackie		<b>SUNRISE YOGA</b> 7:15 - 8:15 am Jackie	<b>YOGA FOR ALL</b> 8:15 - 9:15 am Jackie	
	<b>ZUMBA GOLD</b> 9:15 - 10:15 am Debb	<b>SILVER SNEAKERS</b> 9:15 - 10:15 am Wendy	<b>ZUMBA GOLD</b> 9:15 - 10:15 am Debb	<b>SILVER SNEAKERS</b> 9:15 - 10:15 am Wendy	<b>Active Chair Yoga</b> 9:15 - 10:15 am Jackie	
	<b>LIVESTRONG</b> 5 - 6 pm JASON	<b>SILVER SNEAKERS</b> 10:30 - 11:30 am Wendy		<b>ACTIVE ADULTS</b> 10:30 - 11:30 am Wendy	<b>ACTIVE ADULTS</b> 10:30 - 11:30 am Wendy	
	<b>SPIN FUSION</b> 6 - 7 pm JASON	<b>NIGHT ZUMBA</b> 4:30 - 5:30pm Christina		<b>NIGHT ZUMBA</b> 4:30 - 5:30pm Christina		