



MCGAW YMCA VIRTUAL CLASS SCHEDULE JANUARY 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45-7:30am		Power Yoga Shauna		Power Yoga Shauna			
7:45-8:30am		Zumba® Rhonda					
8:45-9:30am		Vinyasa Yoga Pilates Flow Sara	WERQ® Kristy	BODYPUMP® Lynn	Vinyasa Yoga Pilates Flow Sara	Zumba® Kristy	
9:45-10:30am	Athletic NIA Susan		Athletic NIA Susan	Hatha Yoga 9:45-11:10am Ine	Athletic NIA Susan	Hatha Yoga 9:45-11:10am Ine	Zumba® Kristy
10:45-11:30am			Active Older Adults Chair Yoga Ine		Kickboxing Mila		
11:45am-12:30pm					Active Older Adults Chair Exercise Ruth		
12:45-1:30pm	Active Older Adults Chair Exercise Ruth						Hatha Yoga 12:45-2:10pm Ine
4:45-5:30pm	Yoga/Pilates Fusion Ruth		Yoga/Meditation Shauna	Zumba® Kristy			
6:45-7:30pm	WERQ® Kristy						