



FITNESS CLASS SCHEDULE

FALL 2017

M	Cyclefit 6:30-7:15am YMCA-STUDIO	HIIT 9:30-10:30am YMCA-STUDIO	Bootcamp 10:00-11:00am WILKES-GYM	Bodyfit 12:15-1:00pm YMCA-STUDIO	Yoga 12:15-1:00pm WILKES-GYM	Circuit Madness 1:30-2:30pm WILKES-GYM	Conditioning & Core 4:30-5:30pm WILKES-GYM	HIIT 4:30-5:30pm YMCA-GYM	Zumba 6:15-7:00pm YMCA-GYM	Yoga 6:30-7:30pm YMCA-STUDIO	Zumba 7:00-7:45pm WILKES-GYM
T	20/20/20 9:30-10:30am YMCA-STUDIO	Yoga 10:35-11:35am YMCA-STUDIO	Ab Attack 11:45-12:30pm WILKES-GYM	HIIT 12:15-1:00pm YMCA-STUDIO	Sculpt & Sweat 1:15pm-2:00pm YMCA-STUDIO	Stretch & Technique 1:30-2:30pm WILKES-GYM	Battlerope Bootcamp 4:30-5:30pm WILKES-GYM	Cyclefit 5:15-6:15pm YMCA-STUDIO	Core Strength 6:30-7:30pm YMCA-STUDIO	Yoga 7:00-7:45pm WILKES-GYM	Yoga 7:30-8:30pm YMCA-STUDIO
W	Cyclefit 6:30-7:15am YMCA-STUDIO	Revfit 9:30-10:30am YMCA-STUDIO	Sculpt & Sweat 10:15-11:00am WILKES-GYM	Core Strength 12:15-1:00pm YMCA-STUDIO	Bootylicious 1:30-2:30pm WILKES-GYM	Strength & Conditioning 4:30-5:30pm WILKES-GYM	Revfit 5:15-6:15pm YMCA-STUDIO	Yoga 6:30-7:30pm YMCA-STUDIO	TRX Tabata 7:00-7:45pm WILKES-GYM	Beginner Hip Hop 8:00-9:00pm YMCA-STUDIO	
T	Rock Bottom 9:30-10:30am YMCA-STUDIO	Bootylicious 11:30-12:30pm WILKES-GYM	Cyclefit 12:15-1:00pm YMCA-STUDIO	Body Flex 1:15-2:00pm YMCA-STUDIO	Ab Attack 1:30-2:30pm WILKES-GYM	Yoga 4:30-5:30pm WILKES-GYM	Bodyfit 5:15-6:15pm YMCA-STUDIO	Yoga 6:30-7:30pm YMCA-STUDIO	Zumba 7:00-7:45pm WILKES-GYM		
F	Cyclefit 6:30-7:15am YMCA-STUDIO	Pilates 9:30-10:30am YMCA-STUDIO	Core Strength 12:15-1:00pm YMCA-STUDIO	Circuit Madness 1:30-2:30pm WILKES-GYM	Bootcamp 4:30-5:30pm WILKES-GYM						
S	RevFit 8:45-10:00am YMCA-STUDIO	Yoga 10:30-11:30am YMCA-STUDIO									

Fall Schedule runs from
September 11th, 2017 to December 1st, 2017.

Fitness Classes will NOT run during reading week.

