



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**January 3 – February**

**Healthy Living Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM Total Body Challenge w/Meagan	5:30-6:30AM Aqua Fitness Pool w/Andy	5:30-6:30AM Total Body Challenge w/Meagan	5:30-6:30AM Aqua Fitness Pool w/Andy	5:30-6:30AM Total Body Challenge w/Meagan	
8:00-9:00AM Aerobics for All GYM and <b>ZOOM</b> w/Abby	8:00-8:45AM Aqua Aerobics Pool w/Erin <i>*Fee based class \$25</i> <b>*Session 1/4-2/22</b>	8:00-9:00AM Aerobics for All GYM and <b>ZOOM</b> w/Abby	8:00-8:45AM Aqua Aerobics Pool w/Lolly <i>*Fee based class \$25</i> <b>*Session 1/6-2/24</b>	8:00-9:00AM Aerobics for All GYM and <b>ZOOM</b> w/Abby	8:15-9:15AM Cycle Cycle Studio w/Abby or Lolly
8:00-8:45AM Aqua Aerobics Pool w/Miri		8:00-8:45 AM Aqua Aerobics Pool w/Erin		8:00-8:45 AM Aqua Aerobics Pool w/Lolly	
8:00-9:00AM Zumba Studio and <b>ZOOM</b> w/Sarah H.	8:00-9:00AM Tai Chi I Studio w/Robin <i>*Fee based class \$65</i> <b>*Session 1/4-3/15</b>		8:00-9:00AM Tai Chi I Studio w/Robin <i>*Fee based class \$65</i> <b>*Session 1/6-3/17</b>	8:00-9:00AM Zumba Studio and <b>ZOOM</b> w/Sarah H.	
	8:45-9:15AM Aqua Stretch & Balance Pool w/Erin <i>*Fee based class \$20</i> <b>*Session 1/4-2/22</b>		8:45-9:15AM Aqua Stretch & Balance Pool w/Erin <i>*Fee based class \$20</i> <b>*Session 1/6-2/24</b>		
9:00-10:00AM Yoga Studio w/Maria	9:15-10:15AM Pilates and Yoga Stretch Studio w/Lori	9:00-10:15AM Yoga Stretch & Health Studio w/Romee <i>*Fee based class \$25</i> <b>*Session 1/5-2/23</b> ---- 12 Maximum ----	9:15-10:15AM Pilates and Yoga Stretch Studio w/Lori	9:00-10:00AM Yoga w/Steph <b>ZOOM ONLY</b>	
	9:30-10:15AM EnhanceFitness Gym w/Robin	9:00-10:00AM Yoga w/Steph <b>ZOOM ONLY</b>	9:30-10:15AM EnhanceFitness GYM w/Lolly	9:30-10:15AM Sit and Stretch Gym or Studio w/Lolly	
11:15-12 noon Cycle Studio w/Abby	<b>NEW</b> 10:30-11:15AM Rock Steady Circuit Training Studio w/Robin <i>*Fee based class \$25</i> <b>1/4-2/22</b>	11:15-12 noon Cycle Studio w/Lolly	<b>NEW</b> 10:30-11:15AM Rock Steady Circuit Training Studio w/Robin <i>*Fee based class \$25</i> <b>1/6-2/24</b>		
	4:00-4:45PM Youth Programming 1/4-2/18				
5:15-6:00PM Parent & Me Bootcamp Studio w/Erin <i>*Fee based class \$20</i> <b>1/3-2/21</b>	6:00-6:45PM Bootcamp Studio w/Ejaye		6:00-6:45PM Zumba Studio w/Ejaye		

**BOOTHBAY REGION YMCA**

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