

# WYOMING YMCA GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Silver Sneakers</b> 9:00AM Randi			<b>Zumba</b> 8:30AM Wendy	<b>Cardio Fusion</b> 8:30AM Andrea
			<b>Silver Sneakers</b> 9:00AM Randi		<b>Yoga</b> 10:00AM Amy
<b>Yoga</b> 5:30PM Amy		<b>Strength</b> 5:00PM Andrea			
	<b>Zumba</b> 6:00PM Faythe				

\*All times are subject to change without notice\* Call 585-786-2880 to verify