

WYOMING YMCA GROUP EXERCISE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AGELESS FITNESS 8:30AM TAMARA	SILVER SNEAKERS 9:00AM RANDI	AGELESS FITNESS 8:30AM TAMARA	SILVER SNEAKERS 9:00AM RANDI	ZUMBA 8:30AM WENDY	HUSTLE AND SHINE 8:30AM ANDREA
	YOGA 10:00AM AMY	REACH 10:10AM RANDI	YOGA 10:00AM AMY	REACH 10:10AM RANDI	ENER-CHI 11:15AM RANDI	KICKBOXING/YOGA 10AM AMY (Ending Sept 9)
	ENER-CHI 11:15AM RANDI	ZUMBA 6:00PM FAYTHE	YOGA 5:15PM FRANK	CARDIO KICKBOXING 12:15PM AMY		
	CARDIO KICKBOXING 12:15PM AMY					
	BOX AND BUILD 5:15PM ANDREA (Starting Sept 11)					

ALL TIMES ARE SUBJECT TO CHANGE WITHOUT NOTICE PLEASE CALL 585-786-2880 TO VERIFY ALL CLASS TIMES