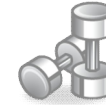




Chester County Branch YMCA Fitness Schedule



Monday Tuesday Wednesday Thursday Friday Saturday

Cutting Edge Cardio Sandee
(L1-2) C-2
8:35-9:35am

Step Randi
(L2-3) C-3
5:45-6:45pm

Cuttin Edge Cardio Sandee
(L1-2) C-2
8:35-9:35am

Body Resistance Sandee
(L1-2-3)
5:45-6:30pm

Cuttin Edge Cardio Sandee
8:35-9:35am

Instructor's Choice Sandee
(L2-3)
10:00-11:30am

Silver Sneakers 1 Vicki, Gargie, Becky, Sandee
10:30-11:30am

Flex and Focus Vicki
6:30-7:30pm

Silver Sneakers I Vicki, Gargie, Becky, Sandee
10:30-11:30am

Cuttin Edge Sandee
(L1-2) C-2
6:45-7:45pm

Silver Sneakers I Vicki, Gargie, Becky
10:00-10:45am



Pure Step Randi
(L1-2-3) C2-3
5:30-6:30pm

Cuttin Edge Sandee
(L1-2)C-2
6:45-7:45pm

Instructor's Choice Sandee
(L2-3)
5:30-6:30pm

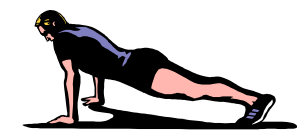
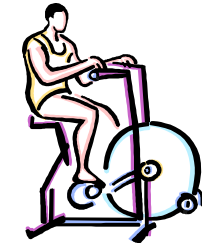


Yoga Stretch Vicki, Gargie, Becky
10:45-11:30am

Piyo Vicki
6:30-7:30pmpm



Piyo Vicki
6:30-7:30pm



***Classes are subject to change!!!

***Instructors are subject to change!!!

