



AUBURN - LEWISTON YMCA EXERCISE CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP POWER 5:45-6:45 AM	GROUP CYCLE 5:45-6:45 AM	AM Pilates/ Yoga 5:45-6:45AM	GROUP POWER 5:45-6:45AM	Step 5:45-6:45AM	GROUP CYCLE 7:30-8:20AM	GROUP POWER 8:00-9:00
GROUP GROOVE 9:00-10:00 AM	Yoga 9:00-10:15AM	GROUP POWER 9:00-10:00AM	Yoga 9:00-10:15AM	GROUP CYCLE 9:00-10:00 AM	Pilates 8:30-9:00AM	
Pilates 12:00-12:45PM	GROUP POWER 12:00-1:00 PM	Pilates 12:00-12:45 PM	GROUP CYCLE 12:00-1:00PM	GROUP POWER 12:00-1:00 PM	Step 9:05-10:05AM	
	Yoga 1:15-2:30 PM	GROUP POWER 2:45-3:45 PM	Yoga 12:00-1:15 PM			
Step 4:00-5:00 PM	Step 4:00-5:00 PM	GROUP CYCLE 4:00-5:00 PM		GROUP POWER 4:00-5:00PM		
	Yoga 4:00-5:15 PM		Pilates/Step 4:00-5:00PM	SILVER SNEAKERS 10:15-11:15 AM Tue.		
GROUP POWER 5:15-6:15 PM	Pilates/Step 5:15-6:15 PM	GROUP POWER 5:15-6:15 PM	GROUP GROOVE 5:15-6:15 PM	Wed. Fri.		
	Yoga 6:00-7:15 PM		Yoga 6:00-7:15 PM			
GROUP CYCLE 6:30-7:30 PM	GROUP POWER 6:30-7:30 PM	Step 6:30-7:30 PM	GROUP POWER 6:30-7:30PM			

PLEASE NOTE THAT THIS SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE