

YMCA Express at Gainsboro Group Exercise Schedule  
 April 1st - April 31st

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
10:30						<b>CIRCUIT SWEAT</b> 10:00am - 10:45am (Every other Saturday)
PM						
5:00	<b>CIRCUIT SWEAT</b> 5:00-6:00	<b>CIRCUIT SWEAT</b> 5:00-6:00	<b>CIRCUIT SWEAT</b> 5:00-6:00			
6:15	<b>YOGA</b> 6:15-7:00			<b>CARDIO STEP &amp; WEIGHT TRAINING</b> 6:15-7:00		