





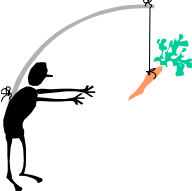



# Chester County YMCA Fitness Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
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  (L1-2) C-2  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 On the Ball 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  6:30-7:30pm		Piyo Vicki  6:30-7:30pm			
Zumba Cassandra (L1-2-3) C1-2-3  6:45-7:45pm			<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>The schedule and instructors are subject to change.</p> </div>		

