

# SUMMER FITNESS SCHEDULE

Pittsfield Family YMCA  
292 North St Pittsfield, MA 01201  
(413) 499-7650



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Boot Camp</b> 6:00-6:30AM Auditorium Tanya		<b>Boot Camp</b> 6:00-6:30AM Auditorium Tanya		
					<b>Vinyasa Yoga</b> 6:30-7:30AM Auditorium Sam	
	<b>Senior Strength</b> Silver Sneakers 9:30-10:45AM Auditorium Theresa		<b>Senior Strength</b> Silver Sneakers 9:30-10:45AM Auditorium Theresa		<b>Senior Cardio Circuit</b> Silver Sneakers 9:30-10:30AM Auditorium Theresa	
	<b>Gentle Yoga</b> 11:00AM-12:15PM Auditorium Kim		<b>Gentle Yoga</b> 11:00AM-12:15PM Auditorium Kim		<b>Gentle Yoga</b> 11:00AM-12:15PM Auditorium Kim	
		<b>Indoor Cycle</b> 12:15-1:00PM Cycle Room Heather		<b>Indoor Cycle</b> 12:15-1:00PM Cycle Room Heather		
	<b>Core&amp;More</b> 5:30-6:30PM Auditorium Wanda	<b>Cardio Kickboxing</b> 5:30-6:30PM Auditorium Wanda/Melanie	<b>Core&amp;More</b> 5:30-6:30PM Auditorium Wanda	<b>Cardio Kickboxing</b> 5:30-6:30PM Auditorium Wanda/Melanie	<b>Community Dance</b> 5:00-7:00PM Auditorium Vanessa	
		<b>Indoor Cycle</b> 5:30-6:30PM Cycle Room Jenna				
		<b>Vinyasa Yoga</b> 7-8pm Auditorium Sam		<b>Zumba</b> 6:45-7:45pm Auditorium Kim		

To register for a class, visit the Welcome Center or go to [www.pittsfieldfamilyymca.org](http://www.pittsfieldfamilyymca.org)

### Cost per class:

- Members: Free
- Non-members: \$5/class