

**Group Fitness Schedule**  
August 2021

Director Matt Mahoney | MMahoney@ymcaboston.org

15 SUN	16 MON	17 TUE	18 WED	19 THU	20 FRI	21 SAT
	<b>Total Body Conditioning</b> 5:15 PM Jess Leslie	<b>Cycle</b> 5:15 PM Charlene Peters	<b>Total Body Conditioning</b> 5:15 PM Kristen Fennell	<b>Cycle</b> 5:15 PM Charlene Peters		<b>Cycle</b> 8:15 AM Julie Shea
	<b>Cycle</b> 6:15 PM Jess Leslie	<b>Zumba</b> 6:15 PM Agnes Zalewska	<b>Cycle</b> 6:15 PM Kristen Fennell	<b>Zumba</b> 6:15 PM Agnes Zalewska		<b>Total Body Conditioning</b> 9:15 AM Julie Shea
		<b>Cycle &amp; Strength</b> 7:15 PM Charlene Peters		<b>Cycle &amp; Strength</b> 7:15 PM Charlene Peters		

RESERVE YOUR SPACE