

# ADULT LAND WELLNESS

## Group Exercise Schedule for Binghamton

### Monday

8:30-9:15 am	Morning Stretch Club
9:15-10:00 am	Basic Pilates
10:00-11:00 am	Advanced Pilates
12:00-1:00 pm	Yoga for Fitness
5:30-6:30 pm	Boot Camp
6:30-7:30 pm	Yoga
7:30-8:30 pm	Zumba™

### Tuesday

6:00-7:00 am	Pilates
12:00-1:00 pm	Body Defined



### Wednesday

8:30-9:15 am	Morning Stretch Club
9:15-10:00 am	Basic Pilates
10:00-11:00 am	Advanced Pilates
11:00 am - 12:00 pm	Zumba™ (Ends June 28)
12:00-1:00 pm	Yoga for Fitness
5:30-6:30 pm	Boot Camp
6:30-7:30 pm	Yoga

### Thursday

12:00-1:00 pm	Body Defined
6:30-7:30 pm	Kickboxing

### Friday

8:30-9:15 am	Morning Stretch Club
9:15-10:00 am	Basic Pilates
10:00-11:00 am	Advanced Pilates

Contact Martin for more information at [mdyson@ymcabroome.org](mailto:mdyson@ymcabroome.org)