



GROUP EX LIVE STREAM SCHEDULE APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00pm-4:00pm CARDIO FLEX Facebook Live Lindsay Morris	5:15am-6:15am **BOOT CAMP Private Zoom Group Rochelle Duncan	5:30am-6:30am **PURE STRENGTH Private Zoom Group Rochelle Duncan	5:15am-6:15am **BOOT CAMP Private Zoom Group Rochelle Duncan	5:30am-6:30am **PURE STRENGTH Private Zoom Group Rochelle Duncan	5:15am-6:15am **BOOT CAMP Private Zoom Group Rochelle Duncan	9:00am-10:00am 3-2-1 BODY BLAST Facebook Live Rochelle Duncan
	8:00am-9:00am MORNING YOGA Facebook Live Lawren Mordica	9:00am-9:30am STRENGTH TRAINING Facebook Live Jami Troth	8:00am-9:00am MORNING YOGA Facebook Live Lawren Mordica	9:00am-9:30am STRENGTH TRAINING Facebook Live Jami Troth	8:00am-9:00am MORNING YOGA Facebook Live Lawren Mordica	
	6:00pm-6:30pm TOTAL CORE Facebook Live Melissa Karotka	1:00pm-2:00pm SILVER SNEAKERS Facebook Live Donna Wren	9:00am-9:30am STRENGTH TRAINING Facebook Live Jami Troth	1:00pm-2:00pm SILVER SNEAKERS Facebook Live Donna Wren		
	6:40pm-7:25pm HIIT Facebook Live Melissa Karotka	6:00pm-7:00pm **PURE STRENGTH Private Zoom Group Rochelle Duncan	6:00pm-6:30pm TOTAL CORE Facebook Live Melissa Karotka	6:00pm-7:00pm **PURE STRENGTH Private Zoom Group Rochelle Duncan		
		7:00pm-8:00pm EVENING YOGA Facebook Live Lawren Mordica	6:40pm-7:25pm CARDIO CIRCUIT Facebook Live Melissa Karotka			
				Visit the Southern Boone Area YMCA Facebook page during the times provided to view the Live stream. ** Private fee based classes, requires registration		