



CHESHIRE COMMUNITY YMCA

MX4 & Turf Schedule:

Effective 06/13/2022

*Highlighted Classes Are New!

MONDAY

| | |
|-------------|-------------------------|
| 9:15-9:30AM | MX4 - Jen |
| 10:15-11AM | MX4 Active - Jen |
| 11AM-12PM | Sports Program - Turf |
| 1-2PM | Sports Program - Turf |
| 4:30-5:30PM | Special Olympics - Turf |

TUESDAY

| | |
|------------|------------------|
| 10:15-11AM | MX4 Active - Jen |
| 4:30-5PM | MX4 - Jen |

WEDNESDAY

| | |
|-------------|-----------------------|
| 9:15-9:30AM | MX4 - Jen |
| 10:15-11AM | MX4 Active - Donna |
| 11AM-12PM | Sports Program - Turf |
| 1-2PM | Sports Program - Turf |

THURSDAY

| | |
|------------|---------------|
| 10:15-11AM | MX4 - Donna |
| 4:30-5PM | MX4 - B |
| 6:30-7PM | MX4 - B *New* |

FRIDAY

| | |
|------------|-------------|
| 9-9:30AM | MX4 - Katie |
| 10:15-11AM | MX4 - Katie |

SATURDAY

| | |
|----------|---------|
| 9-9:30AM | MX4 - B |
|----------|---------|

MX4 & MX4 ACTIVE

Small Group Training designed to develop Cardio, Strength, Power & Endurance.

Maximum of 6 participants. Sign-up required.

To sign up use the Sign-up book in the Wellness Center or call 203.272.3150.