

# Y FITNESS SCHEDULE SEPTEMBER 2021

[hcmymca@suddenlinkmail.com](mailto:hcmymca@suddenlinkmail.com)

**MONDAY**  
**Aerobic Circuit \*10**  
 8:10-8:55am  
 Cheryl Kerr (DR)

**Combo Aerobics \*15**  
 9:00-10:00am  
 Carrie Johnson (AR)

**Body Contouring \* 10**  
 (Women Only)  
 9:00-10:00am  
 Cheryl Kerr(DR)

**Chair Aerobics \*20**  
 10:10 - 10:55am  
 Carrie Johnson (CB)

**Manic Monday \*15**  
 5:30 - 6:25pm  
 Kathy Smith (AR)

**Total Body TRX \*5**  
 5:30 - 6:15pm  
 Wesley Taylor (CR)

**Kickboxing**  
 6:30-7:30pm  
 Jasmine Styles(AR)

**TUESDAY**  
**Ycycle \*10**  
 8:00-9:00 am  
 Allison Avis (CB)

**Beginner Yoga \*15**  
 9:00-10:00am  
 Irina Isayeva (AR)

**Ycycle \*10**  
 12:15 - 12:45pm  
 Allison Avis (CB)

**Aerobic Circuit\*5**  
 6:00-6:30am  
 Tina Flanagan (CR)

**Zumba Burst \*15**  
 6:30-7:30pm  
 Cassandra Atley(AR)

**WEDNESDAY**  
**Aerobic Circuit\*10**  
 8:10-8:55am  
 Cheryl Kerr (DR)

**Combo Aerobics \*15**  
 9:00-10:00am  
 C. Johnson(AR)

**Body Contouring \* 10**  
 (Women Only)  
 9:00-10:00am  
 Cheryl Kerr (DR)

**Chair Aerobics\*20**  
 10:10-10:55am  
 Carrie Johnson (CB)

**Body Sculpting \*15**  
 5:30-6:25pm  
 Kathy Smith (AR)

**Kickboxing**  
 6:30-7:30pm  
 Jasmine Styles (AR)

**THURSDAY**  
**Tabata \*15**  
 8:00- 9:00am  
 Allison Avis (AR)

**Beginner Yoga \*15**  
 9:00-10:00am  
 Irina Isayeva (AR)

**Chair Aerobics \*20**  
 10:10 - 10:55am  
 Carrie Johnson (CB)

**Ycycle \*10**  
 12:15 - 12:45pm  
 Allison Avis (CB)

**Aerobic Circuit \*5**  
 6:00 - 6:30pm  
 Tina Flanagan (CR)

**Zumba Burst \*15**  
 6:30-7:30pm  
 Cassandra Atley(AR)

**FRIDAY**  
**Aerobic Circuit\*10**  
 8:10-8:55am  
 Cheryl Kerr (DR)

**Combo Aerobics \*15**  
 9:00-10:00am  
 Carrie Johnson (AR)

**Body Contouring \* 10**  
 (Women Only)  
 9:00-10:00am  
 Cheryl Kerr (DR)

Schedule is subject to change without notice

Classes are free to all Y members

**Cost for Non-Members**

**\$5.00 per class**

Class Locations:

Circuit Room: CR

Multipurpose: MP

Aerobics Room: AR

Dance Room: DR

Basketball Gym: GM

Childcare Building: CB



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

\*MAXIMUM NUMBER OF CLASS PARTICIPANTS