



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

hcmymca@suddenlinkmail.com

YMCA FITNESS SCHEDULE UPDATED AUGUST 2019

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Insanity Live 8:05-9:00am Johanna Walker (AR)	Total Body Contouring 5:45 - 6:45 am Caroline Crespino (AR)	Tabata 8:00-9:00am Allison Avis (AR)	Total Body Contouring 5:45 - 6:45 am Caroline Crespino (AR)	Aerobic Circuit 8:10-8:55am Cheryl Kerr (CR)	Restorative Yin Yoga 10:30-11:30am Ellen Harris(MP) (Class will restart September 7th)
Aerobic Circuit 8:10-8:55am Cheryl Kerr (CR)	Ycycle 8:00-9:00 am Allison Avis (MP)	Aerobic Circuit 8:10-8:55am Cheryl Kerr (CR)	Boxing 8:15-9:00am Megan Casavechia(GM)	Ycycle 8:00-9:00am Nadine Hayek (MP)	
Combo Aerobics 9:00-10:00am Carrie Johnson (AR)	Beginner Yoga 9:00-10:00am Irina Isayeva (AR)	Combo Aerobics 9:00-10:00am Carrie Johnson (AR)	Beginner Yoga 9:00-10:00am Irina Isayeva (AR)	Combo Aerobics 9:00-10:00am Carrie Johnson (AR)	
Body Contouring (Women Only) 9:00-10:00am Cheryl Kerr(CR)	Ycycle 12:15 - 12:45pm Allison Avis (MP)	Body Contouring (Women Only) 9:00-10:00am Cheryl Kerr (CR)	Chair Aerobics 10:10 - 10:55am Carrie Johnson (DR)	Body Contouring (Women Only) 9:00-10:00am Cheryl Kerr (CR)	
Chair Aerobics 10:10 - 10:55am Carrie Johnson (DR)	Barre 5:30 - 6:25pm Caroline Crespino (AR)	Body Sculpting 5:30-6:25pm Kathy Smith(AR)	Ycycle 12:15 - 12:45pm Allison Avis (MP)		<p>Schedule is subject to change without notice</p> <p>Classes are free to all Y members</p> <p>Cost for Non-Members \$5.00 per class</p> <p>A free nursery will be provided Monday - Friday 8am-10am & Monday to Thursday 5:30pm -7:30pm</p> <p>Class Locations: Circuit Room: CR Multipurpose: MP Aerobics Room: AR Dance Room: DR Basketball Gym: GM</p>
Manic Monday 5:30 - 6:25pm Kathy Smith (AR)	Aerobic Circuit 6:00 - 6:30pm Tina Flanagan (CR)		Barre 5:30 - 6:25pm Caroline Crespino (AR)		
Total Body TRX 5:30 - 6:15pm Wesley Taylor (CR)	Zumba Burst 6:30 - 7:25pm Cassandra Atley(AR)		Aerobic Circuit 6:00 - 6:30pm Tina Flanagan (CR)		
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