

Y FITNESS SCHEDULE NOVEMBER 2020

hcmymca@suddenlinkmail.com

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Aerobic Circuit *10 8:10-8:55am Cheryl Kerr (DR)	Ycycle *10 8:00-9:00 am Allison Avis (CB)	Aerobic Circuit*10 8:10-8:55am Cheryl Kerr (DR)	Tabata *15 8:00- 9:00am Allison Avis (AR)	Aerobic Circuit*10 8:10-8:55am Cheryl Kerr (DR)
Combo Aerobics *15 9:00-10:00am Carrie Johnson (AR)	Beginner Yoga *15 9:00-10:00am Irina Isayeva (AR)	Combo Aerobics *15 9:00-10:00am Carrie Johnson(AR)	Beginner Yoga *15 9:00-10:00am Irina Isayeva (AR)	Ycycle*10 8:00-9:00am Nadine Hayek (CB)
Body Contouring * 10 9:00-10:00am(Women Only) Cheryl Kerr(DR)		Body Contouring * 10 9:00-10:00am (Women Only) Cheryl Kerr (DR)	Chair Aerobics *20 10:10 - 10:55am Carrie Johnson (CB)	Combo Aerobics *1! 9:00-10:00am Carrie Johnson (AR)
Chair Aerobics *20 10:10 - 10:55am Carrie Johnson (CB)	Ycycle *10 12:15 - 12:45pm Allison Avis (CB)	Chair Aerobics *20 10:10-10:55am C.carrie Johnson(CB)	Ycycle *10 12:15 - 12:45pm Allison Avis (CB)	Body Contouring * 1! (Women Only) 9:00-10:00am Cheryl Kerr (DR)
Manic Monday *15 5:30 - 6:25pm Kathy Smith (AR)	Aerobic Circuit *5 6:00 - 6:30pm Tina Flanagan (CR)	Body Sculpting *15 5:30-6:25pm Kathy Smith (AR)	Aerobic Circuit *5 6:00 - 6:30pm Tina Flanagan (CR)	
Total Body TRX *5 5:30 - 6:15pm Wesley Taylor (CR)				

* Maximum number of class participants



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
Aerobics Room: AR
Dance Room: DR
Childcare Building: CB