

Y FITNESS SCHEDULE FALL 2022

hcmymca@suddenlinkmail.com

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Senior Strength Circuit 8:00:8:50am Cheryl Kerr (CR)	Ycycle 8:00-9:00 am Allison Avis(MB)	TRX 6:00-6:45am Wesley Taylor (CR)	Cardio Elite 8:00- 9:00am Allison Avis (AR)	Senior Strength Circuit 8:00:8:50am Cheryl Kerr (CR)	Zumba Burst 11:30am-12:30pm C. Atley (AR)
Combo Aerobics 9:00-10:00am Carrie Johnson (AR)	Restorative Yoga 9:00-10:00am Ellen Harris(AR)	Senior Strength Circuit 8:00:8:50am Cheryl Kerr (CR)	Restorative Yoga 9:00-10:00am Ellen Harris (AR)	Combo Aerobics 9:00-10:00am Carrie Johnson (AR)	
Body Contouring (Women Only) 9:00-10:00am Cheryl Kerr(DR)	Ycycle 12:00-1:00pm Allison Avis(MB)	Combo Aerobics 9:00-10:00am C. Johnson(AR)	Chair Aerobics 10:10 - 10:55am Carrie Johnson (MB)	Body Contouring (Women Only) 9:00-10:00am Cheryl Kerr (DR)	
Chair Aerobics 10:10 - 10:55am Carrie Johnson (MB)	Aerobic Circuit 6:00-6:30pm Tina Flanagan (CR)	Body Contouring (Women Only) 9:00-10:00am Cheryl Kerr (DR)	Ycycle 12:00-1:00pm Allison Avis(MB)		
	Zumba Burst 5:30-6:30pm Cassandra Atley (AR)	Chair Aerobics 10:10 - 10:55am Carrie Johnson (MB)	Aerobic Circuit 6:00 - 6:30pm Tina Flanagan (CR)		
			Zumba Burst 6:30-7:30 pm Cassandra Atley (AR)		

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 Bldg: MB

Aerobics Room: AR

Dance Room: DR

Basketball Gym: GM

