

Y FITNESS SCHEDULE WINTER 2022

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<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Aerobic Circuit *10 8:10-8:55am Cheryl Kerr (DR)	Ycycle *10 8:00-9:00 am Allison Avis (AAC)	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)	Beginner Yoga 10:15-11:15am Irina Isayeva(AR) BEGINS JAN. 15th
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 C. Johnson(AR)	Beginner Yoga *15 9:00-10:00am Irina Isayeva (AR)	Combo Aerobics *15 9:00-10:00am Carrie Johnson (AR)	
Body Contouring * 10 (Women Only) 9:00-10:00am Cheryl Kerr(DR)	Ycycle *10 12:15 - 12:45pm Allison Avis (AAC)	Chair Aerobics*20 10:10-10:55am Carrie Johnson (AAC)	Chair Aerobics *20 10:10 - 10:55am Carrie Johnson (AAC)	Body Contouring * 10 (Women Only) 9:00-10:00am Cheryl Kerr (DR)	
Chair Aerobics *20 10:10 - 10:55am Carrie Johnson (AAC)	Aerobic Circuit*5 6:00-6:30am Tina Flanagan (CR)	Body Contouring * 10 (Women Only) 9:00-10:00am Cheryl Kerr (DR)	Ycycle *10 12:15 - 12:45pm Allison Avis (AAC)		
Manic Monday *15 5:30 - 6:25pm Kathy Smith (AR)	Zumba Burst *15 6:30-7:30pm Cassandra Atley(AR)	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)		Kickboxing *15 6:30-7:30pm Jasmine Styles (AR)	Zumba Burst *15 6:30-7:30pm Cassandra Atley(AR)		
Kickboxing *15 6:30-7:30pm Jasmine Styles(AR)					



*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
 Multipurpose: MP
 Aerobics Room: AR
 Dance Room: DR
 Basketball Gym: GM
 Alcott Athletic Center: AAC