

# Y FITNESS SCHEDULE FALL 2022

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



\*MAXIMUM NUMBER OF CLASS PARTICIPANTS