



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FEBRUARY 2018

# CHURCH HEALTH YMCA

1350 Concourse Ave Ste. 241 Memphis, TN 38104 (P) 901.505.0910

## GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		Les Mills BODYPUMP® (55 min) Tara		Y Power (60 min) Don			
6:30am	In-Trinity (30 min) Ronda						
8:30am		In-Trinity (60 min) Jimmie		In-Trinity (60 min) Jimmie			
9:00am					Line Dance (60 min) Ronda		
9:15am						Y Core (30 min) Malek	
10:00am	Movement & Balance (45 min) Stephanie	SilverSneakers Classic® (60 min) Jimmie	Movement & Balance (45 min) Stephanie	SilverSneakers Classic® (60 min) Jimmie			
11:30am	Les Mills BODYCOMBAT® (55 min) Tara		Les Mills BODYCOMBAT® (55 min) Tara		Les Mills BODYPUMP® (55 min) Tara		
12:00pm						Family Circuit (60 min) by the Well	
12:30pm		In-Trinity (30 min) Ronda		Y Core (30 min) Malek			
4:30pm			Y Move (45 min) Willie				
5:30pm	Les Mills BODYPUMP® (55 min) Brandy		Les Mills BODYPUMP® (55 min) Candice	Y Move (45 minutes) Willie In Trinity (60 min) Dana			
6:30pm	Zumba® with the Well for Children (60 min) Flecia		PiYo® Live (60 min) Candice				

## Cycle Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Y-Cycle (45 min) Allison		Y-Cycle (45 min) Allison				
11:30am		Color Cycling (60 min) Tara					
12:00pm						Color Cycling (60 min) Tara/Elaine	
12:35pm					Color Cycling (30 min) Tara		
5:30pm		Color Cycling (60 min) Karen	Yoga for Kids (30 min) by the Well				

## CREATIVE MOVEMENT STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Yoga (60 min) Kathryn		Yoga (60 min) Kathryn				
6:30am			Y Core (30 min) Willie		Y Core (30 min) Willie		
11:15am		Yoga (60 min) Jimmie		Yoga (60 min) Jimmie			
12:30pm	Pilates (60 min) Dana		Pilates (60 min) Dana				
5:30pm			Zumba® (60 min) Flecia	Movin' & Groovin for Kids (30 min) by the Well			
6:30pm	PiYo® Live (60 min) Natasha/Natalie	Yoga (60 min) Tasha					

### Facility Hours:

Monday-Thursday 5:00a.m. - 9:00p.m.  
Friday 5:00a.m. - 8:00p.m.  
Saturday 7:00a.m. - 6:00p.m.  
Sunday 1:00p.m. - 6:00p.m.

### The Well For Children By Church Health

Monday, Tuesday, Thursday 8:00a.m. - 1:00p.m. & 2:00p.m. - 8:00p.m.  
Wednesday 8:00a.m. - 1:00p.m. & 4:00p.m. - 8:00p.m.  
Friday 8:00a.m. - 1:00p.m.  
Saturday 8:30a.m. - 2:00p.m.  
Sunday Closed

★ Denotes a change in class from previous month