



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February 2018

FOGELMAN DOWNTOWN YMCA

GROUP EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am				Les Mills BodyPump® Charlotte		
6:00am	Y Core II Bob	Y Cycle Pam/Lauren HLS	Y Power II Bob	Y Cycle Pam/Laura HLS		
8:00am		Y Yoga I & II Marti	Tai Chi Beth	Y Yoga I & II Debra		Y Cycle Marsha HLS
8:30am	Tai Chi Beth					
9:00am		Y Move Charlotte	Y Yoga I & II Marti	Y Move Charlotte	Pilates Yoga Fusion Cedahlia	
9:15am						Y Core II Eric
10:00am	SilverSneakers® Circuit Jocelyn	SilverSneakers® Classic Cheryl	SilverSneakers® Yoga Jocelyn	SilverSneakers® Classic Jocelyn	SilverSneakers® Yoga Cheryl	
10:30am						TRX® Eric
11:00am	Y Yoga I		Pilates I	Pilates Yoga Fusion		
12:00pm		Les Mills Body Pump® Charlotte				Y Yoga II Tasha
12:10pm	Y Power Pam		Y Power Eric			
1:00pm					Y Yoga I & II Cedahlia	
1:30pm		SilverSneakers® Splash Jocelyn		SilverSneakers® Splash Jocelyn		
2:30pm	MS Beg Water Aerobics Shemarco		Aqua Zumba® Shemarco			
5:00pm	Zumba® Shemarco		Zumba® Shemarco			
5:15 pm		Y Move Dot				
5:45pm	Deep Water Aerobics Lauren		Water Aerobics Lauren			
6:00pm	Y Cycle Sydney HLS	Racquetball Challenge Court RC	Les Mills BodyPump® Juice/Jocelyn	Racquetball Challenge Court RC		Racquetball RC Challenge Court
6:00pm	Y Step III Eric		Y Cycle Sidney HLS	Y Step II Pat		
6:15pm		Kickboxing Pat				
6:45pm					Aqua Zumba Shemarco	
7:00pm	Y Yoga II Tasha	Y Yoga I Marti		Y Yoga I Chelsea		

- Mind/Body
- Cardio
- Specialty
- Dance
- Strength
- Water

Class Location:

All classes are held in the Group Exercise Room on the 1st floor unless denoted for the areas below:

HLS - Healthy Living Studio (3rd Floor)

YS - Yoga Studio (Lower Level) RC - Racquetball Court (3rd Floor)

Additional Information:

Gym will be closed Monday thru Friday from 2pm to 4pm for GrizzFit