



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February 2018
Davis Family YMCA

GROUP EXERCISE CLASSES - A.M.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------------------------|--------------------------------|----------------------|-----------------------------|--------------------------------|----------|--------|
| 6:00am | | | | | | | |
| 8:00am | Muscle Works Deborah | | Muscle Works Deborah | | Muscle Works Deborah | | |
| 9:00am | | Pilates Carolyn | | Pilates Carolyn | | | |
| 9:15am | Yoga Lazora | | Yoga Lazora | | Yoga Lazora | | |
| 9:30am | | Cardio Circuit Ronda | | Cardio Circuit Ronda | | | |
| 10:00am | | | | | | | |
| 10:30am | SilverSneaker Circuit Debroah | SilverSneakers Classic Jocelyn | | | SilverSneakers Circuit Debroah | | |
| 11:30am | Table Tennis Members | SilverSneakers Yoga Jocelyn | Line Dance Jocelyn | SilverSneakers Yoga Jocelyn | Table Tennis Members | | |

GROUP EXERCISE CLASSES - P.M.

| | | | | | | | |
|---------|------------------|-----------------------------|----------------------|-----------------------------|--|--|--|
| 12:30pm | | Table Tennis Members | Table Tennis Members | Table Tennis Members | | | |
| 6:00pm | Boot Camp George | Les Mills Body Pump Candice | Boot Camp George | Les Mills Body Pump Jocelyn | | | |
| 6:30pm | | | | | | | |
| 7:00pm | | | | | | | |
| 7:15pm | | | | | | | |
| 7:30pm | | | | | | | |

Y-CYCLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------|---------------|-----------|---------------|--------|----------|--------|
| 6:00 am | | | | | | | |
| 8:00am | | Y Cycle Ricky | | Y Cycle Ricky | | | |
| 8:30 am | | | | | | | |
| 9:15am | | | | | | | |
| 10:30am | | | | | | | |
| 1:30pm | | | | | | | |
| 5:15pm | | | | | | | |
| 5:30pm | | | | | | | |

- Mind/Body Dance
- Cardio
- Specialty Water
- Strength
-
- Denotes a change in class from previous month

Class Location:
 GFS Group Fitness Studio CS Cycle Studio MB Mind/Body Studio G Gymnasium
 PTS Personal Training Studio AX Annex building CM Creative Movement Studio
 WC Wellness Center