



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY 2018
CORDOVA YMCA

GROUP EXERCISE CLASSES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|-----------------------------------|--------------------------------|------------------------------------|--|------------------------------|-------------------------------------|
| 5:15am | | BodyPump@ Teresa (GFS) | | BodyPump@ Teresa (GFS) | | | |
| 8:00am | Tai Chi Jayni (G) | Y Trek Kim (WF) | Tai Chi Jayni (G) | | Tai Chi Jayni (G) | | |
| 8:00am | Body Sculpt Faye (GFS) | Beginner Tai Chi Jayni (MB) | | Beginner Tai Chi Jayni (MB) | | | |
| 8:15am | | | | Y Move Christine (GFS) | | Y Trek Ashley (WF) | |
| 9:00am | SS Yoga Leigh Anne (G) | | Kickboxing Christine (GFS) | Y Power Christine (GFS) | Y Step Catherine (GFS) | | |
| 9:00am | HIIT Michelle (GFS) | | | | | | |
| 9:15am | | BodyPump@ Kelly/Ashley (GFS) | | | | BodyPump@ Ashley (GFS) | |
| 10:00am | Vinyasa Yoga Michelle (MB) | | Vinyasa Yoga Christine (MB) | Yogalates Ashley (MB) | Pilates Christine (MB) | | |
| 10:00am | Y Power Senior Kim (GF) | | | | | | |
| 10:15am | Line Dance Catherine (G) | SS Classic Christine (G) | SS Yoga Kim (G) | SS Circuit Kim (G) | SS Yoga Katie(G) | Pilates Peggy/Rachel (MB) | |
| 10:15am | | Y Barre @10:30am Racheal (GFS) | | | Zumba@ Gold Lovie (GFS) | Zumba@ Diana/Angela (GFS) | |
| 12:00pm | Cardio, Strength, Core Ashleigh (GFS) | | HIIT Kim (GFS) | @ 12:30 pm (MBS) AOA Activities | Cardio, Strength, Core Ashleigh (GFS) | | |
| 2:00pm | | | | | | | BodyPump@ Teresa/Kelly (GFS) |
| 3:15pm | | | | | | | Zumba@ Toning Kayla/Angela (GFS) |
| 5:00pm | | | | Y Barre Ashley/Jenn (GFS) | | | |
| 5:30pm | Zumba@ Kayla (GFS) | Kids Yoga Kim (G) | | Kids Fit Kelly/Cody(G) | Y Yoga Katie (MB) | | |
| 5:30pm | Kids Boot Camp Kim (G) | BodyPump@ Kelly (GFS) | | | | | |
| 5:45pm | | | | | | | |
| 6:00pm | | | Zumba@ Nick/Janna (GFS) | Y Move Ashleigh/Kelly(GFS) | | | |
| 6:30pm | PiYo@ Live Shayla (GFS) | Yoga Katie/Kelly (MB) | | PiYo@ Live Shayla/Kelly (GFS) | | | |
| 7:15pm | | | Y Cross Training Jose (GFS) | | | | |
| 7:30pm | Blues City Dance \$ Lisa (GFS) | Karate \$ Bobby/William (GFS) | | Karate \$ Bobby/William | | | |

Y-CYCLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-----------------------------|---------|------------------------------|-----------------------|---------------------------|-----------------------|--------|
| 5:15 am | Y-Cycle Theresa/Rob (CS) | | Y Cycle Micheal (CS) | | Y Cycle Susan (CS) | | |
| 9:00am | Y-Cycle Christine (CS) | | Y Cycle Gina (CS) | | Y-Cycle Christine (CS) | Y-Cycle Karin (CS) | |
| 5:30pm | Y-Cycle Rob/Dawn (CS) | | Y Cycle Christy/Jenn (CS) | | | | |
| 6:00pm | | | | Y Cycle Cathy (CS) | | | |

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

☆ Denotes a change in class from previous month

Class Location:

GFS Group Fitness Studio CS Cycle Studio MB Mind/Body Studio G Gymnasium
WF Wellness Floor \$ Fee Required



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JANUARY GYM SCHEDULE

Effective JANUARY 1 2018

MONDAY

| | |
|---------------------------|-----------------|
| Open Gym (Members Only) | 5:00am-8:00am |
| Tai Chi (Jayni Davis) | 8:00am-9:00am |
| SS Yoga | 9:00am-10:00am |
| Line Dancing | 10:15am-11:15am |
| Pickleball (Adults only) | 11:30am-2:30pm |
| Open Gym (Members Only) | 2:30pm-5:30pm |
| Kids in Motion | 5:30pm-6:15pm |
| Adult Pick-up Basketball* | 6:15pm-9:45pm |

TUESDAY

| | |
|-------------------------|-----------------|
| Open Gym (Members Only) | 5:00am-10:00am |
| SS Classic | 10:15am-11:15am |
| Open Gym (Members Only) | 11:15am-5:15pm |
| Kids in Motion | 5:30pm-6:15pm |
| Volleyball | 6:15pm-8:30pm |
| Open Gym (Members Only) | 8:30pm-9:45pm |

WEDNESDAY

| | |
|--------------------------|-----------------|
| Open Gym (Members Only) | 5:00am-8:00am |
| Tai Chi (Jayni Davis) | 8:00am-9:00am |
| Open Gym | 9:00am-10:00am |
| SS Yoga | 10:15am-11:15am |
| Pickleball (Adults only) | 11:30am-2:30pm |
| Open Gym (Members Only) | 2:30pm-4:00pm |
| Family/Teen Basketball* | 4:00pm-5:30pm |
| Indoor Tennis Clinic | 5:30pm-7:00pm |
| Pickleball | 7:00pm-9:45pm |

THURSDAY

| | |
|-------------------------|-----------------|
| Open Gym (Members Only) | 5:00am-10:00am |
| SS Circuit | 10:15am-11:15am |
| Open Gym (Members Only) | 11:15am-5:30pm |
| Kids in Motion | 5:30pm-6:15pm |
| Volleyball | 6:15pm-8:00pm |
| Open Gym (Members Only) | 8:00pm-9:45pm |

FRIDAY

| | |
|---------------------------------|-----------------|
| Open Gym (Members Only) | 5:00am-8:00am |
| Tai Chi (Jayni Davis) | 8:00am-9:00am |
| Open Gym (Members Only) | 9:00am-10:00am |
| SS Cardio | 10:15am-11:15am |
| Pickleball (beginners/families) | 11:30am-2:30pm |
| Open Gym (Members Only) | 2:30pm-8:45pm |

SATURDAY

| | |
|-------------------------|----------------|
| Family/Teen Basketball* | 7:00am-9:00am |
| Karate | 9:00am-10:30am |
| Family/Teen Basketball* | 10:30am-12pm |
| Open Gym (Members Only) | 12:00pm-5:45pm |

SUNDAY

| | |
|---------------------------|----------------|
| Open Gym (Members Only) | 12:00pm-2:00pm |
| Adult Pick-up Basketball* | 2:00pm-4:00pm |
| Open Gym (Members Only) | 4:00pm-4:45pm |

Schedule subject to change with or without notice

Adult Basketball *18 and Older & Open Gym

Are reserved for Members ONLY *NO GUESTS*

Family/Teen *17 & under or Family's shooting together

NO GUESTS

HOURS

Monday-Thursday 5:00am-10:00pm Friday 5:00am-9:00pm

Saturday 7:00am-6:00pm Sunday 12:00pm-5:00pm

CHILDCARE

Monday-Thursday 8:30am-1:00pm & 4:00pm-8:00pm

Friday 8:00-1:00pm & 4:00-7:00pm

Sunday 8:00am-1:00pm

Cordova Family YMCA

7950 Club Center Cove, Cordova, TN 38018

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CORDOVA FAMILY YMCA POOL SCHEDULE WINTER 2018

| HOURS | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|----------------------------------|---------------------------------------|----------------------------------|---------------------------------------|----------------------------------|----------------------------------|------------------------------------|
| Mon - Fri: 5:00a-8:00pm | Rec Swim & Lap Swim 5a-9a | Rec Swim & Lap Swim 5a-9a | Rec Swim & Lap Swim 5a-9a | Rec Swim & Lap Swim 5a-9a | Rec Swim & Lap Swim 5a-9a | Rec Swim & Lap Swim 7a-9a | Rec Swim and Lap swim 12p-4:45p |
| Sat: 7:00a-5:45p | | | | | | | |
| Sun: 12:00p-4:45p | | | | | | | |
| BEST LAP SWIMMING TIMES Our pool is open over 70 hours a week, but some times are better than others for lap swimming: | Shallow Water Aerobics 9a-10a | Shallow Water Aerobics 9a-10a | Shallow Water Aerobics 9a-10a | Shallow Water Aerobics 9a-10a | Shallow Water Aerobics 9a-10a | Shallow Water Aerobics 9a-10a | |
| Monday-Friday: 5a-9a, 10a-3p, 7p-8p | Rec Swim & Lap Swim 10p-3p | Rec Swim & Lap Swim 10p-3p | Rec Swim & Lap Swim 10p-3p | Rec Swim & Lap Swim 10p-3p | Rec Swim & Lap Swim 10a-3p* | Rec Swim & Lap Swim 10a-5:45p | |
| Saturday & Sunday: All Day | Swim Team 3p-5p | Swim Team 3p-5p | Swim Team 3p-5p | Swim Team 3p-5p | Swim Team 3p-5p | | |
| Lap Swim lanes are always available. Please share lanes when necessary. Recreational Swimming is available 10am every day except during water aerobic classes. | Rec Swim & Lap Swim 5p-8p | Swim Lessons 4:30p-6:30p | Rec Swim & Lap Swim 5p-8p | Swim Lessons 4:30p-6:30p | Rec Swim & Lap Swim 5p-8p* | | |
| ** we reserve the right to change the schedule without notice due to special events, trainings, class needs, and pool maintenance ** | | Swim Team 6:00p-7:00p | | Swim Team 6:00p-7:00p | | | |
| *Space set aside for makeup swim lessons* | | Shallow Water Aerobics 6:45p-7:45p | | Shallow Water Aerobics 6:45p-7:45p | | | |
| For more information please contact Amanda Ellis, Program Director amanda.ellis@ymcamemphis.org | | | | | | | |