



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULY 2018
CORDOVA YMCA

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am		BodyPump® Teresa		BodyPump® Teresa			
8:00am		Y Trek Kim (WF)					
8:00am	Body Sculpt Faye					Kickboxing 8:15 Ashleigh/Michelle	
8:15am		Y Move Christine /Z		Y Move Christine		Y Trek Ashley (WF)	
9:00am	HIIT Michelle		Kickboxing Christine	Y Power Christine	Y Step Catherine		
9:15am		BodyPump® Kelly/Ashley				BodyPump® Ashley	
10:00am	Y Power Senior Kim						
10:15am					Zumba® Gold Lovie		
10:30am		Y Barre Racheal				Zumba® Jessica/Angela	
12:00pm	Cardio, Strength, Core Ashleigh	YIN Yoga Christine	HIIT Kim	YIN Yoga Christine	Cardio, Strength, Core Ashleigh		
2:00pm							BodyPump® Teresa/Kelly
3:15pm							Zumba® Selena (GFS)
5:00pm				Y Barre Ashleigh			
5:30pm	Zumba® Selena (GFS)	BodyPump® Kelly					
6:00pm			Zumba® Nick/Janna	BodyCombat® Kelly			
6:30pm	PiYo® Live Shayla	Kickboxing Michelle					
7:15pm			Y Cross Train- ing Jose				
7:30pm	Blues City Dance \$ Lisa	Karate \$ Bobby/William		Karate \$ Bobby/William			

Y-CYCLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	Y-Cycle Rob /Theresa		Y Cycle Micheal		Y Cycle Susan		
9:00am	Y-Cycle Christine		Y Cycle Gina		Y-Cycle Christine	Y-Cycle Karin	
5:30pm	Y-Cycle Rob/Sharon		Y Cycle Sharon				
6:00pm				Y Cycle Cathy			

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

Class Location:

GFS Group Fitness Studio CS Cycle Studio
WF Wellness Floor \$ Fee Required

MB Mind/Body Studio G Gymnasium



Denotes a change in class from previous month



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JUNE 2018
CORDOVA YMCA

MIND & BODY STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am		Begin Tai Chi Jayni 8:00am					
10:00am	Vinyasa Yoga Michelle		Vinyasa Yoga Christine	Yogalates Ashley	Pilates Christine	Yoga 9:15 am Sharon/Megan	
10:15am						Pilates Peggy/Rachel	
12:30pm	AOA Activities		Bible Study 11:30 am Pastor Mack	AOA Activities			
5:30pm				Y Yoga Megan	Y Yoga Katie		
6:00pm		Yoga Deb/Z					
6:30pm				PiYo® Live Shayla/Julie			

GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am	Tai Chi Jayni		Tai Chi Jayni		Tai Chi Jayni		
9:00 am	SS Yoga Leigh Anne						
10:15am	Line Dance Catherine	SS Classic Christine	SS Yoga Kim	SS Circuit Kim	SS Yoga Katie		
5:30 pm	Kids Fit Kim	Kids Fit Kim		Kids Fit Kelly/Cody			

■ Mind/Body
■ Dance
■ Cardio
■ Strength
■ Specialty
■ 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