



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 2019

CORDOVA YMCA

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am		BodyPump® Teresa		BodyPump® Teresa			
6:30am	\$ MX4 \$ Andrew (WF)	\$ MX4 \$ Andrew (WF)	\$ MX4 \$ Andrew (WF)	\$ MX4 \$ Andrew (WF)			
8:00am		Y Trek Kim (WF)					
8:00am	Body Sculpt Faye				Body Sculpt Catherine	Kickboxing 8:15 Kelly/Sharon	
8:15am		Y Move Z		Y Move Christine		Y Trek Ashley (WF)	
9:00am	HIIT Z/Ashley		Kickboxing Christine	Y Power Christine	R.I.P.P.E.D.® Gena		
9:15am		BodyPump® Kelly/Ashley				BodyPump® Ashley	
10:00am	Y Power Senior Kim						
10:15am					Zumba® Gold Lovie	\$ MX4 \$ Lisa (WF)	
10:30am		Y Barre Racheal				Zumba® Jessica/Angela	
12:00pm	Cardio, Strength, & Core - Ashleigh		HIIT Kim		Cardio, Strength & Core - Ashleigh		
2:00pm							BodyPump® Erin
3:15pm							Zumba® Selena
5:00pm		BodyCombat® Kelly		Y Barre Ashleigh			
5:15pm							
5:30pm	Zumba® Selena	BodyPump® Kelly		\$ MX4 \$ Lisa (WF)			
6:00pm			Zumba® Nick/Janna	BodyCombat® Kelly			
6:30pm	PiYo® Live Shayla	Kickboxing Michelle					
7:15pm			Y Cross Training 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		Y Cycle Jamilica		Y Cycle Susan		
9:00am	Y-Cycle Christine		Y Cycle Gena		Y-Cycle Christine	Y-Cycle Karin/Sharon	
5:30pm	Y-Cycle Rob/Sharon		Y Cycle Sharon	Y Cycle Jamilica			

- Mind/Body Dance
- Cardio Strength
- Specialty Water

Class Location:

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

☆ Denotes a change in class from previous month



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MIND & BODY STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am		Begin Tai Chi Jayni 8:00am					
9:15am							
10:00am	Vinyasa Yoga Ashley		Vinyasa Yoga Christine	Yogalates Ashley	Pilates Christine		
10:15am						Pilates Peggy/Rachel	
11:30am							
12:00pm	AOA Canasta	YIN Yoga Christine		YIN Yoga Christine			
1:00pm				AOA Games			
4:00pm						Journey Fellowship	
5:30pm				PiYo@ Live Shayla	Y Yoga Katie	Church Programming	
6:30pm	Blues City Dance \$ Lisa		Financial Peace University - Barry 6:30—8:30pm			Church Programming	

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					Karate \$ Bobby/William	
10:15am	Line Dance Catherine	SS Classic Christine	SS Yoga Kim	SS Circuit Kim	SS Yoga Ashleigh		
5:30 pm	Kids Fit Felicia	Kids Fit Felicia		Kids Fit Felicia			
6:30 pm	POUND@ Sharon						

■ 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