



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April 2019

Davis Family YMCA

GROUP EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am							
8:00am	Muscle Works Ronda	Y Cycle Ricky	Muscle Works Deborah	Y Cycle Ricky	Muscle Works Deborah		
9:00am		Pilates Carolyn		Pilates Carolyn		Line Dance Charlene	
9:15am	Yoga Lazora		Yoga Lazora		Yoga Lazora		
9:30am		Cardio Circuit Ronda		Cardio Circuit Ronda			
10:00am						Zumba Deadra	
10:30am	SilverSneakers Circuit Deborah	SilverSneakers Classic Ivy	SilverSneakers Circuit Deborah	SilverSneakers Classic Ivy	SilverSneakers Circuit Deborah		
11:30am	Table Tennis	SilverSneakers Yoga Lazora	Line Dance Ronda	Table Tennis	Table Tennis		
12:30pm			Table Tennis				
1:00 pm							
2:30pm	Y Achievers	Y Achievers	Y Achievers	Y Achievers	Y Achievers		
4:00pm							
5:00 pm							
5:00pm	Zumba Deadra		Zumba Deadra	Muscle Works Ronda (30 mins)			
5:30pm		Body Attack Ronda		Body Attack Ronda			
6:00pm	Tabata Turn Up Almetria	BodyPump® Cheryl	Boot Camp George				
7:00pm							

- Mind/Body Dance
- Cardio Strength
- Specialty Water



Denotes a change in class from previous month

Class Location:

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