



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

JULY 2018

# Davis Family YMCA

## GROUP EXERCISE CLASSES

|         | 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             |                                | Line Dancing Charlene - Begins July 28th ★ |        |
| 9:15am  | Yoga Lazora                               |                                | Yoga Lazora                    |                             | Yoga Lazora                    |  |        |
| 9:30am  |   | Cardio Circuit Rhonda          |                                | Cardio Circuit Ronda        |                                |  |        |
| 10:00am |   |                                |                                |                             |                                | Zumba Deadra Begins July 14th ★            |        |
| 10:30am | SilverSneakers Circuit Deborah            | SilverSneakers Classic Jocelyn | SilverSneakers Circuit Deborah |                             | SilverSneakers Circuit Deborah |  |        |
| 11:30am |   | SilverSneakers Yoga Jocelyn    | Line Dance Jocelyn             | SilverSneakers Yoga Jocelyn |                                |  |        |
| 12:30pm |   |                                |                                |                             |                                |  |        |
| 1:00 pm |   |                                |                                |                             |                                |  |        |
| 2:30pm  |   |                                |                                |                             |                                |  |        |
| 4:15pm  | Cardio Kickboxing Rhonda Begins July 23rd | Line Dancing Rhonda            | Power Abs                      | Instructor's Choice Rhonda  |                                |  |        |
| 4:30pm  |   |                                |                                |                             |                                |  |        |
| 5:00pm  | Zumba Deadra Starts July 16th             |                                | Zumba Deadra Starts July 18th  |                             |                                |  |        |
| 6:00pm  | Boot Camp George                          | BodyPump@ Candice              | Boot Camp George               | BodyPump@ Jocelyn           |                                |  |        |
| 6:30pm  |   |                                |                                |                             |                                |  |        |
| 7:00pm  |   |                                |                                |                             |                                |  |        |

## 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 |        |               |           |               |        |          |        |

- Mind/Body Dance
- Cardio
- Specialty
- 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  
 PTS Personal Training Studio AX Annex building CM Creative Movement Studio  
 WC Wellness Center



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## WATER CLASSES

|         | MONDAY | TUESDAY                                     | WEDNESDAY | THURSDAY | FRIDAY                                      | SATURDAY | SUNDAY |
|---------|--------|---|-----------|----------|---|----------|--------|
| 6:00am  |        |   |           |          |   |          |        |
| 8:15am  |        |   |           |          |   |          |        |
| 8:30am  |        |   |           |          |   |          |        |
| 9:15am  |        | SilverSneakers<br>Water Aerobics<br>Jocelyn |           |          | SilverSneakers<br>Water Aerobics<br>Jocelyn |          |        |
| 9:30am  |        |   |           |          |   |          |        |
| 10:30am |        |   |           |          |   |          |        |
| 10:30am |        |   |           |          |   |          |        |
| 11:30am |        |   |           |          |   |          |        |

## Multi-Purpose Room

|         | MONDAY       | TUESDAY                 | WEDNESDAY    | THURSDAY                | FRIDAY       | SATURDAY | SUNDAY |
|---------|--------------|-------------------------|--------------|-------------------------|--------------|----------|--------|
| 6:00 am |              |                         |              |                         |              |          |        |
| 8:15 am |              |                         |              |                         |              |          |        |
| 8:30 am |              |                         |              |                         |              |          |        |
| 9:15am  |              |                         |              |                         |              |          |        |
| 10:30am | Table Tennis |                         | Table Tennis |                         | Table Tennis |          |        |
| 11:30am |              | Table Tennis<br>Members |              | Table Tennis<br>Members |              |          |        |
| 5:15pm  |              |                         |              |                         |              |          |        |
| 5:30pm  |              |                         |              |                         |              |          |        |

Mind/Body    
 Cardio    
 Specialty  
  
 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