



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 Water Aerobics Jocelyn			SilverSneakers Water Aerobics 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 Members		Table Tennis 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