



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 2019

FOGELMAN DOWNTOWN YMCA

GROUP EXERCISE CLASSES						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am				Les Mills BodyPump® Charlotte		
6:00am	Y Core II Bob	Y Cycle Pam/Lauren	Y Power II Bob	Y Cycle Pam/Laura	Y Core II Bob	
8:00am		Y Yoga I & II Marti	Tai Chi Beth	Y Yoga I & II Debra	Pilates Yoga Fusion Cedahlia	Y Cycle Marsha
8:30am	Tai Chi Beth					Racquetball Challenge Court
9:00am		Y Move Linda	Y Yoga I & II Marti	Y Move Charlotte		
9:15am						Y Core/Y Power Eric
10:00am	SilverSneakers® Circuit Joyce	SilverSneakers® Classic Joyce	Y Move Joyce	SilverSneakers® Classic Beth	SilverSneakers® Yoga Cheryl	
10:30am						TRX® Eric
11:00am	Y Yoga I Cedahlia		Pilates I Cedahlia	Pilates Yoga Fusion Stephanie		
12:00pm		Les Mills Body Pump® Coach Juice			Les Mills BodyAttack® Rhonda	Y Yoga II Tasha
12:10pm	Y Power Eric		Y Power Eric			
12:30 pm	Handball Challenge Court		Handball Challenge Court		Handball Challenge Court	
1:00pm					Y Yoga I & II Cedahlia	
2:30pm	MS Beg Water Aerobics Shemarco		Aqua Zumba® Shemarco			
5:15 pm	Zumba® Shemarco	Y Move Dot	Zumba® Specialty Shemarco			
5:45pm	Deep Water Aerobics Lauren		Water Aerobics Lauren			
6:00pm	Y Cycle Sydney	Racquetball Challenge Court	Y Cycle Sydney	Racquetball Challenge Court	Line Dance Angelic	Racquetball Challenge Court
6:00pm	Y Step III Eric		Les Mills BodyPump® Coach Juice	Y Step II Pat		
6:15pm		Kickboxing Pat				
6:45pm					Aqua Zumba Shemarco	
7:00pm	Y Yoga II Stephanie	Y Yoga I Marti		Y Yoga I Robin		

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

Class Location:

All classes are held in the Group Exercise Room on the 1st floor unless denoted for the areas below:

HLS - Healthy Living Studio (3rd Floor)

YS - Yoga Studio (Lower Level) **RC** - Racquetball Court (3rd Floor)

Additional Information:

Gym will be closed Monday thru Friday from 2pm to 4pm for GrizzFit