



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

APRIL 2019

MILLINGTON FAMILY YMCA

GROUP EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Endurance Fitness Danny (GFS)		Sprint 8 & Stretch Jeremy (WC)				
8:30am	BODYCOMBAT® Rachel (GFS)	Y-Step Sandy (GFS)	Y-Cycle Elaine (GFS)	BODYPUMP® Sandy (GFS)	HIIT Yogi (GFS)	Endurance Fitness Danny (GFS)	
9:30am	Pilates Sandy (GFS)	BODYPUMP® Sandy (GFS)	Y-Yoga Jayme(GFS)	BODYCOMBAT® Rachel (GFS)	Y-Yoga Sara (GFS)	Zumba® Pam (GFS)	
9:30am	Preschool Crafts Staff (MPR)	Preschool Zumba® Brandy (MPR) 10am	Music & Language Staff (MPR)	Preschool Yoga Tiffanie (MPR) 10am	Fun Friday Staff (MPR)		
10:30am	SilverSneakers® Classic Pam (GFS)		SilverSneakers® Yoga Pam (GFS)		SilverSneakers® Classic Pam (GFS)		
10:30am	Y-Trek Mary Jo (WC)		Y-Trek Mary Jo (WC)		Y-Trek Mary Jo (WC)		
10:30am		Zumba® Marisa		Zumba® Marisa		BODYPUMP® Staff (GFS)	
11:30am	Y-Move Pam (GFS)		SilverSneakers® Circuit Pam (GFS)		Y-Move Pam (GFS)		
11:30am	Tai Chi Roni (MPR)				Tai Chi Roni (MPR)		
11:45am		Rock Steady Boxing Staff (GFS) ☆		Rock Steady Boxing Staff (GFS) ☆			
12:30pm	Zumba® Gold Pam (GFS)		Zumba® Gold Pam (GFS)		Zumba® Gold Pam (GFS)		
2:00 pm		Y-Power Senior Pam (WC)		Y-Power Senior Pam (WC)			Y-Move Pam (GFS)
4:30pm	*Tae Kwon Do Nichols (GFS)		*Tae Kwon Do Nichols (GFS)	Kids Hip Hop Brenley (GFS) ☆			
5:30pm		BODYPUMP® Trish (GFS)		Y-Power Yogi (GFS)			
5:30pm	*Tae Kwon Do Advanced Nichols (GFS)		*Tae Kwon Do Advanced Nichols (GFS)		*Tae Kwon Do Nichols (GFS)		
5:30pm	Y- Cycle Elaine (MPR)		Y- Cycle Elaine (MPR)				
6:00pm							
6:30pm	Y-Core -30 minute Elaine (WC)		Y-Core -30 minute Elaine (WC)				
6:30pm	BODYCOMBAT® Brittney (GFS)	Zumba® Marisa (GFS)	Y-Move/Y-Power Combo Pam (GFS)	BODYCOMBAT® Brittney (GFS)	*Tae Kwon Do Advanced Nichols (GFS)		
6:30pm	Y-Kids Fit Pool Staff (AC)	Y-Kids Fit Staff (MPR)	Homework Help & Lego Learning ☆				
7:30pm	*Krav Maga Nichols (GFS)				*Krav Maga Nichols (GFS)		

WATER EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 am		Aqua Strength Darlene (AC)	Aqua HIIT Darlene (AC)	Aqua Strength Darlene (AC)			
9:00 am	Aqua Yoga Eileen (AC)	Aqua Zumba® Brandy (AC) ☆	Aqua Cardio Balance Mikkie (AC)	Aqua Zumba® Brandy (AC)	Aqua Cardio Balance Mikkie (AC)	Aqua Aerobics Rotating Instructors (AC)	
10:00am	Aqua Deep Eileen (AC)	AquaRitic Darlene (AC)	Aqua Combo Ida (AC)	AquaRitic Darlene (AC)	Aqua Deep Eileen (AC)		
11:00am	Aqua Boot Camp Ida (AC)	Aqua Deep Ida (AC)	Aqua Strength Ida (AC)		Aqua Boot Camp Ida (AC)		
6:00pm	Aqua Deep Connie (AC)	Aqua Sport Dawn(AC)	Aqua Mix Connie (AC)	Aquabata Dawn(AC)			
7:00pm		Aqua Zumba® Shermarco (AC)		Aqua Zumba® Shermarco (AC)			

- Mind/Body
- Cardio
- Specialty
- Youth
- Strength
- Water
- ☆ Denotes a change in class from previous month

Class Location:

GFS Group Fitness Studio
AC Aquatic Center

MPR Multi Purpose Room
WC Wellness Center

* Notes additional fee



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8:30am	BODYCOMBAT® Rachel (GFS)	Y-Step Sandy (GFS)	Y-Cycle Elaine (GFS)	BODYPUMP® Sandy (GFS)	HIIT Yogi (GFS)	Endurance Fitness Danny (GFS)	
9:30am	Pilates Sandy (GFS)	BODYPUMP® Sandy (GFS)	Y-Yoga Jayme(GFS)	BODYCOMBAT® Rachel (GFS)	Y-Yoga Sara (GFS)	Zumba® Pam (GFS)	
9:30am	Preschool Crafts Staff (MPR)	Preschool Zumba® Brandy (MPR) 10am	Music & Language Staff (MPR)	Preschool Yoga Tiffanie (MPR) 10am	Fun Friday Staff (MPR)		
10:30am	SilverSneakers® Classic Pam (GFS)		SilverSneakers® Yoga Pam (GFS)		SilverSneakers® Classic Pam (GFS)		
10:30am	Y-Trek Mary Jo (WC)		Y-Trek Mary Jo (WC)		Y-Trek Mary Jo (WC)		
10:30am		Zumba® Marisa		Zumba® Marisa		BODYPUMP® Staff (GFS)	
11:30am	Y-Move Pam (GFS)		SilverSneakers® Circuit Pam (GFS)		Y-Move Pam (GFS)		
11:30am	Tai Chi Roni (MPR)				Tai Chi Roni (MPR)		
11:45am		Rock Steady Boxing Staff (GFS)		Rock Steady Boxing Staff (GFS)			
12:30pm	Zumba® Gold Pam (GFS)		Zumba® Gold Pam (GFS)		Zumba® Gold Pam (GFS)		
2:00 pm		Y-Power Senior Pam (WC)		Y-Power Senior Pam (WC)			Y-Move Pam (GFS)
4:30pm	*Tae Kwon Do Nichols (GFS)		*Tae Kwon Do Nichols (GFS)	Kids Hip Hop Brenley (GFS) ☆			
5:30pm		BODYPUMP® Trish (GFS)		Y-Power Yogi (GFS)			
5:30pm	*Tae Kwon Do Advanced		*Tae Kwon Do Advanced		*Tae Kwon Do Nichols (GFS)		
5:30pm	Y- Cycle Elaine (MPR)		Y- Cycle Elaine (MPR)				
6:00pm							
6:30pm	Y-Core -30 minute Elaine (WC)		Y-Core -30 minute Elaine (WC)				
6:30pm	BODYCOMBAT® Brittney (GFS)	Zumba® Marisa (GFS)	Y-Move/Y-Power Combo	BODYCOMBAT® Brittney GFS)	*Tae Kwon Do Advanced		
6:30pm	Y-Kids Fit Pool Staff (AC)	Y-Kids Fit Staff (MPR)	Homework Help & Lego Learning Staff ☆				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 am		Aqua Strength Darlene (AC)	Aqua HIIT Darlene (AC)	Aqua Strength Darlene (AC)			
9:00 am	Aqua Yoga Eileen (AC)	Aqua Zumba® Brandy (AC)	Aqua Cardio Balance Mikkie (AC)	Aqua Zumba® Brandy (AC)	Aqua Cardio Balance Mikkie (AC)	Aqua Aerobics Rotating	
10:00am	Aqua Deep Eileen (AC)	AquaRitic Darlene (AC) ☆	Aqua Combo Ida (AC)	AquaRitic Darlene (AC)	Aqua Deep Eileen (AC)		
11:00am	Aqua Boot Camp Ida (AC)	Aqua Deep Ida (AC)	Aqua Strength Ida (AC)		Aqua Boot Camp Ida (AC)		
6:00pm	Aqua Deep Connie (AC)	Aqua Sport Dawn(AC)	Aqua Mix Connie (AC)	Aquabata Dawn(AC)			
7:00pm		Aqua Zumba® Shermarco (AC)		Aqua Zumba® Shermarco (AC)			

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Class Location:

GFS Group Fitness Studio
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