



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

JULY 2018

# MILLINGTON FAMILY YMCA

## GROUP EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	Cardio, Strength Core Danny (GFS)		Boot Camp Jeremy (GFS)				
8:15am	BODYCOMBAT® Rachel (GFS) ☆	Y-Step Sandy(GFS)	Y-Cycle Mary Jo (GFS)	BODYCOMBAT® Brittney (GFS) ☆	HIIT Yogi (GFS)		
9:15am	Pilates Sandy (GFS)	BODYPUMP® Sandy (GFS)	Y-Yoga Natalie (GFS)	BODYPUMP® Sandy (GFS)	Vinyasa Yoga Jennifer(GFS)	Zumba® Pam (GFS)	
10:00am	Preschool Crafts Staff (MPR)	Preschool Zumba® Brandy (MPR)	Preschool Music Staff (MPR)	Preschool Yoga Tiffanie (MPR)	Preschool Frenzy Staff (MPR)		
10:15am	SilverSneakers® Classic Pam (GFS)		SilverSneakers® Yoga Pam (GFS)		SilverSneakers® Classic Pam (GFS)	BODYPUMP® Staff (GFS)	
10:15am	Y-Trek Mary Jo (WC)		Y-Trek Mary Jo (WC)		Y-Trek Mary Jo (WC)		
10:30am		Zumba® Marisa		Zumba® Shermarco			
11:15am	Y-Move Pam (GFS)		SilverSneakers® Circuit Pam (GFS)		Y-Move Pam (GFS)		
11:15am	Tai Chi Ronnie (MPR)				Tai Chi Ronnie (MPR)		
12:15pm	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)			2:15pm Y-Move Pam (GFS)
4:30pm	*Tae Kwon Do Nichols (GFS)		*Tae Kwon Do Nichols (GFS)				
5:00pm					*Lil' Ninja's Nichols (GFS)		
5:15pm		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)				
6:30pm		Y-Trek Mary Jo (WC) ☆					
6:30pm	BODYCOMBAT® Brittney (GFS) ☆	Y-Yoga Eileen (GFS)	Y-Move/Y-Power Combo Pam (GFS)	BODYCOMBAT® Rachel (GFS) ☆	*Tae Kwon Do Advanced Nichols (GFS)		
6:30pm	Y-Kids Fit Pool Staff (AC)	Y-Kids Fit Staff (MPR)	Y-Kids Fit Staff (MPR)	Y-Kids Fit Staff (MPR)			
6:30pm							
7:30pm	*Krav Maga Nichols (GFS)	Zumba® Christi (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)		
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 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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8:15am	BODYCOMBAT® Rachel (GFS)	Y-Step Sandy(GFS)	Y-Cycle Mary Jo (GFS)	BODYCOMBAT® Brittney (GFS)	HIIT Yogi (GFS)		
9:15am	Pilates Sandy (GFS)	BodyPump® Sandy (GFS)	Y-Yoga Natalie (GFS)	BodyPump® Sandy (GFS)	Vinyasa Yoga Jennifer(GFS)	Zumba® Pam (GFS)	
10:00am	Preschool Crafts Staff (MPR)	Preschool Zumba® Brandy (MPR)	Preschool Music Staff (MPR)	Preschool Yoga Tiffanie (MPR)	Preschool Frenzy Staff (MPR)		
10:15am	SilverSneakers® Classic Pam (GFS)		SilverSneakers® Yoga Pam (GFS)		SilverSneakers® Classic Pam (GFS)	BodyPump® Staff (GFS)	
10:15am	Y-Trek Mary Jo (WC)		Y-Trek Mary Jo (WC)		Y-Trek Mary Jo (WC)		
10:30am		Zumba® Marisa		Zumba® Shermarco			
11:15am	Y-Move Pam (GFS)		SilverSneakers® Circuit Pam (GFS)		Y-Move Pam (GFS)		
11:15am	Tai Chi Ronnie (MPR)				Tai Chi Ronnie (MPR)		
12:15pm	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)			2:15pm Y-Move Pam (GFS)
4:30pm	*Tae Kwon Do Nichols (GFS)		*Tae Kwon Do Nichols (GFS)				
5:00pm					* Lil' Ninja's Nichols (GFS)		
5:15pm		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)				
6:30pm		Y-Trek Mary Jo (WC)					
6:30pm	BODYCOMBAT® Brittney (GFS)	Y-Yoga Eileen (GFS)	Y-Move/Y-Power Combo	BODYCOMBAT® Rachel (GFS)	*Tae Kwon Do Advanced		
6:30pm	Y-Kids Fit Pool Staff (AC)	Y-Kids Fit Staff (MPR)	Y-Kids Fit Staff (MPR)	Y-Kids Fit Staff (MPR)			
7:30pm	*Krav Maga Nichols (GFS)	Zumba® Christi (GFS)			*Krav Maga Nichols (GFS)		

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11:00am	Aqua Boot Camp 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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