

OLIVE BRANCH FAMILY YMCA

GROUP EXERCISE CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am		Y Cycle Margret (45min)	HIIT Shon (45min)		Y Cycle Margret (45min)	Suspension (8a) Training \$	
8:00am						Y Yoga (45min) Tasha/Cedahlia	
8:30am	Pilates Vicki	Y Step/Y Power Combo Robin	Pilates Vicki		Yoga Vicki	Y Cycle (45min) Deb	
8:30am		Pilates (PTS) Angie		Y Pilates Angie			
9:30am	Y-Barre (45min) April P	BodyPump® Robin	Combat Candace	BodyPump® Robin	Bootcamp Robin	BodyPump® Candice	
9:30am	Y Cycle Robin						
10:30am	Y Core (30mins) Robin	Zumba® Answorth			Line Dance April	Piyo Candice/Candace (45min)	
11:30am	Silver Sneakers® Circuit Brooke	Silver Sneakers® Yoga (45min) April	Silver Sneakers® Classic Tasha	Silver Sneakers® Classic Brooke	Silver Sneakers® Cardio April	Zumba® Shallon	
12:15pm		Silver Sneakers® Yoga (45min) April					
1:00 pm		Line Dancing (45mins) April					Bootcamp (2p) Candice
4:00pm	Zumba® Answorth	Y-Barre (30mins) April P		Y-Barre (30mins) April P			
4:30pm		Y Core (30mins) Candace	Y Power(45 min) Candace	Y Core (30min) Candace			
5:00pm	Kettlebell (30mins) Candace	Y Yoga Robyn		Piyo (45min) PTS Candace			
5:00pm		BodyCombat® Candace					
5:30pm	BodyPump® Robyn/Rich		HIIT (5:15) Candace	Y Power Candice			
5:30pm	Y-Trek Wellness Floor-Candace		Y Kids Fit G Corti (30min)				
6:00pm	Y Step G Deb (45min)	BodyPUMP® Rich	Zumba® Wendy				
6:00pm		Y Cycle (30min) Candace/Deb	Y Cross Training Deb (45min) PTS	Y Weight Support Group CR			
6:00pm		Y-Rhythm Randi G		Express Cycle Deb (30min)			
6:30pm	Y Cycle Don			Zumba® Wendy G			
6:30pm	Y Kids Fit G Melissa H/Jami			Y Weight Y Move Candice (6:45) CR			
7:00pm	Bootcamp Caroline (45min)	HIIT PTS Shon (45 min)					

PTS = Personal Training Studio
G = Gym
CF=Conference room
All Y Cycle classes in the Cycle Studio

Cardio
 Strength
 Specialty
 Water
 Mind/Body
 Dance

WATER EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	Sliver Sneakers® Splash Carol		Sliver Sneakers® Splash Carol		Sliver Sneakers® Splash Carol		
8:00am	Aqua Fit Becca	Aqua Fit Becca	Water Volleyball Carol	Stretch and Flex Jo	H2O Cardio Becca		
9:00am	H2O Cardio Jo	H2O Cardio Kathy	Water Volleyball Kathy	H2O Cardio Jo	Aqua Fit Becca	H2O Cardio Jo	
10:00am		Aqua Zumba® Monica		Aqua Zumba® Monica			
10:15am	Arthritis Aerobics June				Arthritis Aerobics June		
10:30am			Aqua Zumba® Monica				
11:45am			Arthritis Aero- bics June				
1:30pm	Arthritis Aerobics June				Arthritis Aerobics June		
1:30 pm			Arthritis Aerobics June				
2:00pm							Aqua Blast Gabby
3:45pm		Arthritis Aerobics June		Arthritis Aerobics June			
4:30pm							
6:00pm	H2O Cardio Jo	Aqua Zumba® Monica		Aqua Zumba® Monica			

Aqua Fit—brings the principal of Pilates to the warm water pool. Slow moving, stretching, toning, and working the core muscles.

Aqua Zumba® is a fusion of Latin and International Cardio in the water that creates a dynamic and exciting workout.

H2O Workout— Forget about your stressful day when working hard in this class.

Sliver Sneakers® Splash activates your aqua urge with a variety of shallow water moves to improve agility, flexibility, and cardiovascular endurance.

Water Volleyball— Have fun and workout at the same time. This activity helps improve endurance, hand eye coordination, and team skills with a focus on the core muscles from the laughing with friends!

Aqua Blast—The class alternates between high intensity and low intensity workout. It includes a warm up, cardio, and strength training exercises using water weights, noodles, and waterboards and wrapping it all up with a cool down. No swimming experience is necessary. You can work at your own pace & modify movements for

Open Swim Times
 (at least one lane open)
 We will have classes, swim lessons, swim team practice, and other events. Please be understanding.

Monday— 5a-7a, 3:30p-8:45p

Tuesday— 5a-8a, 3:30p-8:45p

Wednesday—5a-7a,3:30p-8:45p

Thursday—5a-8a,3:30p-8:45p

Friday—5a-7a,3:30p-8:45p

Saturday 7a-9a, 10a-5:45p

Sunday 12:00p-4:45p