

# 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