



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OLIVE BRANCH FAMILY YMCA

APRIL 2019

AEROBICS STUDIO CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am			BodyPump® Nicole				
8:00am						Yoga Deb	
8:30am	Pilates Yoga Fusion Candace	Y Step/ Y Power Combo Robin	Pilates Yoga Fusion Candace		Y-Barre April		
9:00am						*Y-Core Brandon	
9:30am	BodyCombat® Candace	BodyPump® Robin	BodyCombat® Candace	BodyPump® Robin	Bootcamp Robin	BodyPump® Candace	
10:30am	Y Core (30mins) Robin	Zumba® Answorth	Y-Barre April P	*Zumba LaShay	Line Dance April	BodyCombat® Candace	
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	
12:30pm		Line Dancing (45mins) April			*BodyPump® Kayla (45mins)		
2:00 pm							Bootcamp Laura
4:00pm	Zumba® Answorth						
5:00pm	Y Core (30min) Brandon & Karleigh	BodyCombat® Candace	Y-Step Deb				
5:30pm	Kettlebell Karleigh			BodyPump® Nicole	*HIIT Brandon (45mins)		
6:00pm		BodyPUMP® Candace	Zumba® Wendy				
6:30pm	Y Step Caroline (30min)			Zumba® Wendy			
7:00pm	Y-Cross Train Caroline (30min)	HIIT Shon (45 min)					

HEALTHY LIVING STUDIO CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am		Pilates Angie	Home School Dance \$ (9a-11a)	Pilates Angie			
12:00pm	* HIIT Robin		* Cardio, Strength,Core Brandon				
5:15pm		Y Yoga Deb					
5:30pm	Youth Dance \$ (4:30p-7:30p)		Kid's Fit	Kid's Fit			
6:00pm		Y-Rhythm Randi	* HIIT Brandon	Y Weight Support Group CR			
6:30pm				Y Weight Y Move Caroline (6:45)			

Schedule is subject to change for special events.



Denotes New Classes or Time Change!

Have feedback for us? Fill out a comment card or email James, Operations Director.  
jcorrigan@ymcamemphis.org

We value your membership to the OB Y!

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



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APRIL 2019

Y-CYCLE STUDIO CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am		Y Cycle Margret (45min)			Y Cycle Margret (45min)		
8:30am				* Y-Cycle (45min) Stacey			
9:00am						Y Cycle (45min) Deb	
9:30am	Y Cycle Robin						
6:00pm		Y Cycle (30min) Deb		Y-Cycle Deb			
6:30pm	Y Cycle Margaret						

PERSONAL TRIANING STUDIO CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30pm	Kid's Fit						
6:00pm							

Gymnasium Schedule											
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5:00am	Open Gym	Open Gym	Open Gym								
6:00am			Open Gym								
7:00am	Adult Pick Up	Pickleball	Adult Pick Up	Open Gym	Adult Pick Up	Family Basketball Time					
8:00am				Pickleball							
9:00am											
10:00am											
10:30am											
11:00am											
12:00pm											
1:00 pm	Open Gym North OBMS South (4p-6p)					Open Gym	Open Gym				
2:00pm								Open Gym		Open Gym	Open Gym
3:00pm								Open Gym		Open Gym	Open Gym
4:00pm								Open Gym		Open Gym	Open Gym
5:30pm								Open Gym		Pickleball	Open Gym
6:00pm								Open Gym		Pickleball	Open Gym
6:30pm								Open Gym		Pickleball	Open Gym
7:30pm								Open Gym		Pickleball	Open Gym
8:00pm								Open Gym		Pickleball	Open Gym
8:45pm								Open Gym		Pickleball	Open Gym

\$ -Denotes paid for programs

■ YMCA Closed  
■ Open Gym

■ Specialty  
■ Adult BBall

■ Free Program  
■ Group Ex Class

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