



GROUP FITNESS CLASS SCHEDULE

MARCH 2023 – Calhoun County YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

****CLASS SPACE IS LIMITED – FIRST COME FIRST SERVE****

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15am	CYCLE Gene in Studio 3 5:15-6:00am	CORE & MORE Chris in Studio 2 5:15-6:00am	CYCLE Gene in Studio 3 5:15-6:00am	CORE & MORE Chris in Studio 2 5:15-6:00am	CYCLE & STRENGTH Chris in Studio 3 5:15-6:00am
8:15am	TABATA FIT Luke in Studio 1 8:15-9:15am	ZUMBA Yessy in Studio 2 8:15-9:30am	ZUMBA STRONG Juana in Studio 2 8:15-9:30am	ZUMBA Yessy in Studio 2 8:15-9:30am	TABATA FIT Luke in Studio 1 8:15-9:15am
9:30am	SILVERSNEAKERS CLASSIC Mischelle in Studio 2 9:30-10:15am	STEPPING TO THE OLDIES Joshalyln in Studio 2 9:30-10:15am	SILVERSNEAKERS CIRCUIT Mischelle in Studio 2 9:30-10:15am	STEPPING TO THE OLDIES Joshalyln in Studio 2 9:30-10:15am	SILVERSNEAKERS CLASSIC Mischelle in Studio 2 9:30-10:15am
10:30am		SILVERSNEAKERS BOOM MOVE Mischelle in Studio 2 10:30-11:15am			
12:00pm & 12:15pm	FIT IN 30 Luke in Studio 1 12:15-12:45pm	CYCLE Angela in Studio 3 12:00-12:30pm	FIT IN 30 Luke in Studio 1 12:15-12:45pm	CYCLE Angela in Studio 3 12:00-12:30pm	
5:30pm	Y-FIT Blanca in Studio 1 5:30-6:30pm	Y-FIT Blanca in Studio 1 5:30-6:30pm		KETTLEBELLS Blanca in Studio 1 5:30pm-6:15pm	Ages 16 and older permitted in group fitness classes, unless otherwise noted
	CARDIO BOXING Bobby in Studio 2 5:30-6:30pm	AB LAB Devon in Studio 2 5:30-6:00pm		AB LAB Devon in Studio 2 5:30-6:00pm	
		BASIC YOGA Joshalyln in Learning Center 5:30-6:30pm		BASIC YOGA Joshalyln in Learning Center 5:30-6:30pm	
6:30pm & 6:45pm	CARDIO BOXING Bobby in Studio 2 6:30-7:30pm	BEGINNER CYCLE Rocio in Studio 3 6:30-7:30pm	CARDIO BOXING Bobby in Studio 2 6:30-7:30pm		
	KETTLEBELLS Luke in Studio 1 6:45-7:15pm	ZUMBA Yessy in Studio 2 6:30-7:30pm	ZUMBA Yessy in Studio 2 6:30-7:30pm	ZUMBA Yessy in Studio 2 6:30-7:30pm	