



GROUP FITNESS CLASS SCHEDULE

SEPTEMBER 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
8:00am 8:15am		PUMP Angela in Studio 2 8:00-9:00am	ZUMBA STRONG Juana in Studio 2 8:15-9:00am	PUMP Angela in Studio 2 8:00-9:00am	
9:30am	SILVERSNEAKERS CLASSIC Mischelle in Studio 2 9:30-10:15am	STEPPING TO THE OLDIES Joshalyne in Studio 2 9:30-10:15am	SILVERSNEAKERS CIRCUIT Mischelle in Studio 2 9:30-10:15am	STEPPING TO THE OLDIES Joshalyne in Studio 2 9:30-10:15am	SILVERSNEAKERS CLASSIC Mischelle in Studio 2 9:30-10:15am
10:15am 10:30am		SILVERSNEAKERS BOOM MOVE Mischelle in Studio 2 10:30-11:15am			XTREME HIP-HOP STEP Angela in Studio 2 10:15-11:00am
12:00pm				CYCLE Angela in Studio 3 12:00-12:30pm	NEW! IN SEPTEMBER PUMP Tue/Thu 8:00am <i>**Starts Sep 12**</i> XTREME HIP-HOP STEP Fridays 10:15am <i>**Starts Sep 15**</i> YOUTH CARDIO BOXING Mon/Wed 5:30pm <i>Ages 15 & under</i> BEGINNER CYCLE <i>MOVED to</i> <i>Mondays 6:30pm</i>
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	
	YOUTH CARDIO BOXING Bobby in Studio 2 5:30-6:30pm	AB LAB Devon in Studio 2 5:30-6:00pm	YOUTH CARDIO BOXING Bobby in Studio 2 5:30-6:30pm	AB LAB Devon in Studio 2 5:30-6:00pm	
		BASIC YOGA Joshalyne in Learning Center 5:30-6:30pm		BASIC YOGA Joshalyne in Learning Center 5:30-6:30pm	
6:00PM 6:30pm	CARDIO BOXING Bobby in Studio 2 6:30-7:30pm		CARDIO BOXING Bobby in Studio 1 6:30-7:30pm		Agess 16 and older permitted in group fitness classes, unless otherwise noted
	BEGINNER CYCLE Recio in Studio 3 6:30-7:30pm		CYCLE Angela in Studio 3 6:30-7:30pm		
		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	