



# GROUP FITNESS CLASS SCHEDULE

## NOVEMBER 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	<b>CYCLE</b> Gene in Studio 3 5:15-6:00am	<b>CORE &amp; MORE</b> Chris in Studio 2 5:15-6:00am	<b>CYCLE</b> Gene in Studio 3 5:15-6:00am	<b>CORE &amp; MORE</b> Chris in Studio 2 5:15-6:00am	<b>CYCLE &amp; STRENGTH</b> Chris in Studio 3 5:15-6:00am
8:00am 8:15am		<b>PUMP</b> Angela in Studio 2 8:00-9:00am	<b>ZUMBA STRONG</b> Juana in Studio 2 8:15-9:00am	<b>PUMP</b> Angela in Studio 2 8:00-9:00am	
9:30am	<b>SILVERSNEAKERS CLASSIC</b> Michelle in Studio 2 9:30-10:15am	<b>STEPPING TO THE OLDIES</b> Joshalyne in Studio 2 9:30-10:15am	<b>SILVERSNEAKERS CIRCUIT</b> Michelle in Studio 2 9:30-10:15am	<b>STEPPING TO THE OLDIES</b> Joshalyne in Studio 2 9:30-10:15am	<b>SILVERSNEAKERS CLASSIC</b> Michelle in Studio 2 9:30-10:15am
10:30am		<b>SILVERSNEAKERS BOOM MOVE</b> Michelle in Studio 2 10:30-11:15am			<b>XTREME HIP-HOP STEP</b> Angela in Studio 2 10:30-11:30am
12:00pm				<b>CYCLE</b> Angela in Studio 3 12:00-12:30pm	
5:30pm	<b>Y-FIT</b> Blanca in Studio 1 5:30-6:30pm	<b>Y-FIT</b> Blanca in Studio 1 5:30-6:30pm		<b>KETTLEBELLS</b> Blanca in Studio 1 5:30pm-6:15pm	<p><b>November Updates:</b></p> <p><b>AB LAB</b> will no longer be held.</p> <p><b>BASIC YOGA</b> has been moved to Studio 2</p>
	<b>YOUTH CARDIO BOXING</b> Bobby in Studio 2 5:30-6:30pm	<b>BASIC YOGA</b> Joshalyne in Studio 2 5:30-6:30pm	<b>YOUTH CARDIO BOXING</b> Bobby in Studio 2 5:30-6:30pm	<b>BASIC YOGA</b> Joshalyne in Studio 2 5:30-6:30pm	
6:30pm	<b>CARDIO BOXING</b> Bobby in Studio 2 6:30-7:30pm		<b>CARDIO BOXING</b> Bobby in Studio 1 6:30-7:30pm		
	<b>BEGINNER CYCLE</b> Recio in Studio 3 6:30-7:30pm		<b>CYCLE</b> Angela in Studio 3 6:30-7:30pm		
		<b>ZUMBA</b> Yessy in Studio 2 6:30-7:30pm	<b>ZUMBA</b> Yessy in Studio 2 6:30-7:30pm	<b>ZUMBA</b> Yessy in Studio 2 6:30-7:30pm	

Ages 16  
and older permitted in  
group fitness classes,  
unless otherwise noted