GROUP FITNESS CLASS SCHEDULE
MARCH 2024 – 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	ZUMBA Yessy in Studio 2 8:15-9:15am	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	ZUMBA Yessy in Studio 2 8:15-9:15am
9:30am	SILVERSNEAKERS CLASSIC Mischelle in Studio 2 9:30-10:15am	STEPPING TO THE OLDIES Joshalyn in Studio 2 9:30-10:15am	SILVERSNEAKERS CIRCUIT Mischelle in Studio 2 9:30-10:15am	STEPPING TO THE OLDIES Joshalyn 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			XTREME HIP-HOP STEP Angela in Studio 2 10:30-11:30am
12:00pm	HIIT & RUN Kat in Studio 1 12:00-12:45pm		HIIT & RUN Kat in Studio 1 12:00-12:45pm	CYCLE Angela in Studio 3 12:00-12:30pm	
5:15pm 5:30pm	Y-FIT Blanca in Studio 1 5:30-6:30pm YOUTH CARDIO BOXING Bobby in Studio 2 5:30-6:30pm	Y-FIT Blanca in Studio 1 5:15-6:15pm BASIC YOGA Joshalyn in Studio 2 5:15-6:15pm	YOUTH CARDIO BOXING Bobby in Studio 2 5:15-6:30pm	KETTLEBELLS Blanca in Studio 1 5:15pm-6:15pm BASIC YOGA Joshalyn in Studio 2 5:15-6:15pm	
6:30pm	CARDIO BOXING Bobby in Studio 2 6:30-7:30pm BEGINNER CYCLE Rocio in Studio 3 6:30-7:30pm	ZUMBA Yessy in Studio 2 6:45-7:45pm	CARDIO BOXING Bobby in Studio 1 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 6:45-7:45pm	Ages 16 and older permitted in group fitness classes, unless otherwise noted