



GROUP FITNESS CLASS SCHEDULE

AUGUST 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	SATURDAY
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	
9:00am 9:30am	SILVERSNEAKERS CLASSIC Mischelle in Studio 2 9:30-10:15am		SILVERSNEAKERS CIRCUIT Mischelle in Studio 2 9:30-10:15am		SILVERSNEAKERS CLASSIC Mischelle in Studio 2 9:30-10:15am	Y-FIT Mari in Studio 1 9:00-10:00am
10:30am		SILVERSNEAKERS BOOM MOVE Mischelle in Studio 2 10:30-11:15am				
12:15pm	HIIT & RUN Kat in Studio 1 12:15-1:00pm		HIIT & RUN Kat in Studio 1 12:15-1:00pm			
5:15pm 5:30pm	Y-FIT Blanca in Studio 1 5:30-6:30pm	Y-FIT Blanca in Studio 1 5:15-6:15pm		KETTLEBELLS Blanca in Studio 1 5:15pm-6:15pm		
	YOUTH CARDIO BOXING Bobby in Studio 2 5:30-6:30pm	BASIC YOGA Joshalyn in Studio 2 5:15-6:15pm		BASIC YOGA Joshalyn in Studio 2 5:15-6:15pm		
6:30pm	CARDIO BOXING Bobby in Studio 2 6:30-7:30pm					
	CYCLE Bri in Studio 3 6:30-7:30pm					
		ZUMBA Yessy in Studio 2 6:45-7:45pm	ZUMBA Yessy in Studio 2 6:30-7:30pm	ZUMBA Yessy in Studio 2 6:45-7:45pm		

CLASS UPDATES

Tue/Thu
9:30am
Stepping to the Oldies

These classes have been suspended until September

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