



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		ZUMBA STRONG Juana in Studio 2 8:15-9:00am		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			<p><u>CLASS UPDATES</u></p> <p>The following classes have been suspended until September:</p> <p>Tue/Thu 9:30am Stepping to the Oldies</p> <p>Tue/Thu 8:00am Pump</p> <p>The following class is no longer held:</p> <p>Mon 6:30pm Cycle</p>	
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 Joshalyyn in Studio 2 5:15-6:15pm		BASIC YOGA Joshalyyn in Studio 2 5:15-6:15pm		
6:30pm	CARDIO BOXING Bobby in Studio 2 6:30-7:30pm				<p>Ages 16 and older permitted in group fitness classes, unless otherwise noted</p>	
		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		