



# GROUP FITNESS CLASS SCHEDULE

## SEPTEMBER 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	<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>ZUMBA</b> Yessy in Studio 2 8:15-9:15am	<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	<b>ZUMBA</b> Yessy in Studio 2 8:15-9:15am	
9:00am 9:30am	<b>SILVERSNEAKERS CLASSIC</b> Mischelle in Studio 2 9:30-10:15am		<b>SILVERSNEAKERS CIRCUIT</b> Mischelle in Studio 2 9:30-10:15am		<b>SILVERSNEAKERS CLASSIC</b> Mischelle in Studio 2 9:30-10:15am	<b>Y-FIT</b> Mari in Studio 1 9:00-10:00am
10:30am		<b>SILVERSNEAKERS BOOM MOVE</b> Mischelle in Studio 2 10:30-11:15am				
12:15pm	<b>HIIT &amp; RUN</b> Kat in Studio 1 12:15-1:00pm		<b>HIIT &amp; RUN</b> Kat in Studio 1 12:15-1:00pm			
5:15pm 5:30pm	<b>Y-FIT</b> Blanca in Studio 1 5:30-6:30pm	<b>Y-FIT</b> Blanca in Studio 1 5:15-6:15pm		<b>KETTLEBELLS</b> Blanca in Studio 1 5:15pm-6:15pm		
	<b>YOUTH CARDIO BOXING</b> Bobby in Studio 2 5:30-6:30pm	<b>BASIC YOGA</b> Joshalyn in Studio 2 5:30-6:30pm		<b>BASIC YOGA</b> Joshalyn in Studio 2 5:30-6:30pm		
6:30pm 6:45pm	<b>CARDIO BOXING</b> Bobby in Studio 2 6:30-7:30pm					
		<b>ZUMBA</b> Yessy in Studio 2 6:45-7:45pm	<b>ZUMBA</b> Yessy in Studio 2 6:30-7:30pm	<b>ZUMBA</b> Yessy in Studio 2 6:45-7:45pm		

### CLASS UPDATES

**Tuesdays & Thursdays**

**8:00am Pump is back!**

**Stepping to the Oldies**

*Has been temporarily suspended and will resume at a later date.*

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