



GROUP FITNESS CLASS SCHEDULE

APRIL 2025 - 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				
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					
6:30pm 6:45pm	CARDIO BOXING Bobby in Studio 2 6:30-7:30pm		ZUMBA Yessy 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		ZUMBA Yessy in Studio 2 6:45-7:45pm		

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