



Summerville Family YMCA- Downtown

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY 2026 GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:05AM	TOTAL BODY STRENGTH JILL- STUDIO A	THE SPLIT KIA- STUDIO A	TOTAL BODY STRENGTH JILL- STUDIO A	YOGA STUDIO A	HIIT KIA- SYLKE- STUDIO A
6:00AM		SPIN CELESTE- SPIN STUDIO	SPIN KIA- SPIN STUDIO	SPIN CELESTE- SPIN STUDIO	
7:00AM		QIGONG/TAI-CHI JACKI- STUDIO A			SPIN ANGELA- SPIN STUDIO
7:30AM	STEP JAN- STUDIO A				STEP STUDIO A
8:00AM	BODY SCULPT EXPRESS *8:15am KRISTIE- STUDIO B	TOTAL BODY SHRED LUCINDA- STUDIO A	TOTAL BODY SHRED DONNA- STUDIO A	TOTAL BODY CONDITIONING DANIELLE- STUDIO A	CYCLE & STRENGTH DANIELLE- SPIN STUDIO
	WATER AEROBICS LESLIE- POOL	SHINE VERONICA- STUDIO B	WATER AEROBICS LESLIE- POOL RISE & FLOW LAUREN- STUDIO B	QIGONG/TAI-CHI JACKI- STUDIO B	
9:00AM	BARRE *9:05AM KRISTIE- STUDIO B	SPIN *9:15AM LUCINDA- SPIN STUDIO	WERQ/DANCE SYLKE- STUDIO B	THE MIX SYLKE- STUDIO A	WATER AEROBICS POOL
	ZUMBA HEIDI- STUDIO A		WATER YOGA TRACY- POOL		
	SPIN SUZANNE- SPIN STUDIO	FLOW *9:10AM SYLKE- STUDIO B	TABATA & MOBILITY KRISTIE- STUDIO A	SPIN TIFFANY- SPIN STUDIO	BARRE SUZANNE- STUDIO
10:00AM	ZUMBA TONING HEIDI- STUDIO A	WATER AEROBICS JAN- POOL	TRX SYLKE- STUDIO A	WATER AEROBICS JAN- POOL	PILATES RONNA- STUDIO
			CHAIR PILATES RONNA- STUDIO B	SILVER SNEAKERS MARILYN- STUDIO A	LINE DANCING KAREN- STUDIO
11:00AM	SILVER SNEAKERS BRAE- STUDIO A	CHAIR YOGA MARILYN- STUDIO A	GENTLE YOGA MARILYN- STUDIO A	CHAIR YOGA MARILYN- STUDIO B	
11:30AM				ZUMBA GOLD HEIDI- STUDIO A	
				CHAIR YOGA *NEW* MARILYN- STUDIO B	
12:00PM	CYCLE & STRENGTH DANIELLE- SPIN STUDIO		SILVER SNEAKERS MARILYN- STUDIO A		
	SILVER SNEAKERS BRAE- STUDIO A				
12:30PM					CHAIR YOGA *NEW* TRACY- STUDIO
1:00PM	CARDIO GOLD KAREN- STUDIO A	STRENGTH GOLD KAREN- STUDIO A	LINE DANCING KAREN- STUDIO A	STRENGTH GOLD RONNA- STUDIO A	
5:30PM	PILATES JAN- STUDIO A	TOTAL BODY SHRED SUZIE- STUDIO A	PILATES JAN- STUDIO A	TOTAL BODY SHRED SUZIE- STUDIO A	
	SPIN STEPHANIE- SPIN STUDIO		SPIN STEPHANIE- SPIN STUDIO		
	RESTORATIVE YOGA MARILYN- STUDIO B	RESTORATIVE YOGA MARILYN- STUDIO B			
6:00PM		WATER AEROBICS JAN- POOL		WATER AEROBICS JAN- POOL	
6:30PM	WATER AEROBICS JAN- POOL		ZUMBA ALMA- STUDIO A		
	ZUMBA ALMA- STUDIO A	WERQ NEJAPA- STUDIO A			



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	SATURDAY	SUNDAY	
8:00AM	BOOTCAMP SUZANNE- STUDIO A		<p>PLEASE DOWNLOAD OUR APP TO REGISTER FOR ALL CLASSES CLASS REGISTRATIONS OPEN 3 DAYS IN ADVANCE TO THE MINIMUM ALL GROUP FITNESS CLASSES ARE INCLUDED IN YOUR MEMBERSHIP AGES 10-12 CAN REGISTER BUT MUST BE ACCOMPANIED BY A GUARDIAN CLASS DESCRIPTIONS CAN BE FOUND IN THE APP, ON OUR WEBSITE AT THE FRONT DESK</p>
9:00AM	RISE & FLOW LAUREN- STUDIO B SPIN TIFFANY- SPIN STUDIO		
9:30AM			
10:00AM			
11:00AM			
12:15PM			
1:00PM		SPIN ANGELA- SPIN STUDIO	

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