the Y YMCA FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Summerville YMCA @ The Ponds

Group Fitness Schedule
January 2020

GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30a	SPIN and CORE Haley	LesMills CXWORX	LesMills BODYPUMP	LesMills CXWORX	SPIN and CORE Tracy	7:45a	SPIN-Jackie	
6:45a	LesMills BODYFLOW					8:00a	LesMills SH'BAM	
7:15a			barre			9:00a	LesMills CXWORX	
7:45a	LesMills BODYPUMP	SPIN and Strength Tracy	LesMills BODYPUMP	SPIN and Strength Lucinda	LesMills BODYPUMP	9:00a	LesMills BODYPUMP	
8:00a	LesMills SH'BAM					10:15a	YOGA-Tracy	
9:00a	SPIN Donna	LesMills BODYFLOW	Spin and Core Lucinda	LesMills BODYFLOW	LesMills SH'BAM	11:00a		
9:00a						12:00p		
9:45a				LesMills CXWORX		1:15p		barre
10:00a	barre				barre	2:00p		LesMills CXWORX
10:15a		LesMills SH'BAM				2:45p		LesMills SH'BAM
10:15a		ZUMBA TONING Heidi	ZUMBA Heidi	ZUMBA Toning-Brae	ZUMBA-Brae	3:45p		LesMills BODYFLOW
11:00a								
11:30a	LesMills BODYFLOW	SILVER SNEAKERS Tracy	LesMills BODYFLOW	SILVER SNEAKERS Tracy	LesMills BODYFLOW			
12:00p								
1:00p								
2:00p								
3:00p								
4:00p		Spin Haley		SPIN Haley				
5:00p			Zumba-Travis		LesMills SH'BAM			
5:15p	barre		LesMills CXWORX					
5:30p		LesMills sprint		LesMills sprint				
6:00p	LesMills BODYFLOW	LesMills BODYPUMP	YOGA-Beth	LesMills BODYPUMP	YOGA-Tracy			
7:00p	LesMills CXWORX	LesMills sprint		LesMills sprint				
7:45p								