



Summerville Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PONDS NOVEMBER GROUP FITNESS							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a							
8:00a	POWER STEP-Kacie	SPIN and Strength- Tracy	PILATES-Ronna	SPIN and Strength Lucinda	Kick and Core-Kacie	SPIN-Jill	
8:00a	Time Change* CYCLE- Tiffany				Time Change* CYCLE- Tiffany		
9:00a	SHRED-Donna	Flow and Core-Kacie	Spin Bootcamp- Lucinda	PiYo-Stacy	SHRED-Lucinda	Total Body Strength- Kacie	
9:00a							
10:00a	WERQ-Kristie	ZUMBA Toning Heidi	ZUMBA-Heidi	ZUMBA Toning-Brae	ZUMBA-Kirk		
10:00a					New* Roll and Recover- Tiffany		
10:15a	INTRO to Pickleball					YOGA-Tracy	
11:00a	Gentle Yoga-Tracy						
12:00p		SILVER SNEAKERS Tracy		SILVER SNEAKERS Brae			
4:00p		TURBOKICK Stacy	POUND-Stacy		Location of classes subject to change per the instructor		
4:15p		New* Fit-Tastic Kids-Tyler		New* Fit-Tastic Kids-Tyler			
5:00p				POWER STEP-Kacie			
5:30p							
6:00p	Kick and Core-Kacie	Total Body Strength- Kacie	YOGA-Tracy	Total Body Strength- Kacie	Yoga-Tracy		
7:00p			Spin-Jill				