



Summerville Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PONDS MARCH 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	CYCLE-Tiffany				CYCLE-Tiffany	*NEW* Total Body Strength-Kacie	
9:00a	SHRED-Donna	Flow and Core-Kacie	Spin Bootcamp-Lucinda	PiYo-Stacy	SHRED-Lucinda	Total Body Strength-Kacie	
10:00a	WERQ-Kristie	ZUMBA Toning Heidi	ZUMBA-Heidi	ZUMBA Toning-Brae	ZUMBA-Kirk		
10:00a					Roll and Recover-Tiffany		
10:15a	INTRO to Pickleball					YOGA-Tracy	
10:45a					*NEW* Gentle Yoga-Tracy		
11:00a	Gentle Yoga-Tracy	*NEW* SILVER SNEAKERS- RONNA		*NEW* SILVER SNEAKERS Brae			
12:00p		SILVER SNEAKERS Tracy		SILVER SNEAKERS Brae			
4:00p		TURBOKICK Stacy			Try out our new classes! Location of classes subject to change per the instructor		
4:15p		Fit-Tastic Kids-Tyler	Fit-Tastic Kids-Tyler				
5:00p			POWER STEP-Kacie				
5:30p							
6:00p	*NEW* Total Body Shred-Shannon	Total Body Strength-Kacie	YOGA-Tracy	Total Body Strength-Kacie	Yoga-Tracy		
6:00p			Spin-Jill				