



Summerville Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA - MARCH 2023 GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
5:05a	Total Body Strength- Jill	Flow- Kacie	Total Body Strength- Jill	Flow- Ronna	HIIT- Sylke	8:00a	Bootcamp Suzanne	1:00p
6:00a		Spin- Celeste		Spin- Celeste	Spin- Angela	9:30a	Werq Kristie	Spin- Angela
7:00am		QiGong- Jacki		QiGong- Jacki		9:00am	Spin Tiffany	
7:30a	Step- Jan				Step- Jan	10am	Roll & Recover Tiffany **3/18**	
8:00a	Spin- Suzanne	Total Body Shred Lucinda	HIIT- Donna	Total Body Conditioning Danielle	Cycle Bootcamp Danielle			
	Water Aerobics Leslie		Water Aerobics Leslie					
9:00a	Zumba Heidi		WERQ Sylke	The Mix (Pilates & Yoga)- Sylke	Water Aerobics Jan	10:30a m	Power Yoga Catherine	
				Spin- Tiffany				Barre- Suzanne
9:15a		Spin- Lucinda						
		Flow- Sylke						
10:00a		Water Aerobics Jan	Gentle Water Ex Tracy	Water Aero. Jan	TRX Kristie			
			TRX Sylke	Yoga Flow- Boonie				
11:00a	Silver Sneakers Brae		Gentle Yoga Tracy	Zumba Gold Heidi	Pilates Ronna			
				Water Yoga Tracy				
12:00p	Cycle Bootcamp Danielle		Silver Sneakers Tracy		Chair Yoga Tracy			
1:00p	Strength Gold Cathy	Cardio Gold Cathy	Strength Gold Cathy	Cardio Gold Cathy				
5:30p	NEW! Pilates Jan	Total Body Shred Suzie	Pilates Jan	Total Body Shred Suzie				
5:40p	Spin- Mehndi		Spin- Mehndi					
6:00p		Water Aerobics Jan		Water Aerobics Jan				
6:30p	Power Yoga- Catherine	Power Yoga- Catherine						
	NEW! Zumba- Alma			NEW! Zumba- Alma				
	Water Aerobics Jan	WERQ Kia		Yin Yoga April				

OPEN PICKLEBALL SCHEDULE	
Sunday	12-5pm
Monday	8am-6pm
Tuesday	10:30-5pm
Wednes-day	8am-11am, Noon-5pm
Thursday	11-5pm
Friday	8-11am, 1-8pm
Saturday	7-10am, Noon-5pm