



Summerville Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA - MAY 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 **5/13**	
8:00a	Spin- Suzanne Water Aerobics Leslie	Total Body Shred Lucinda	HIIT- Donna Water Aerobics Leslie	Total Body Conditioning Danielle	Cycle Bootcamp Danielle			10:30a
9:00a	Zumba Heidi		WERQ Sylke	The Mix (Pilates & Yoga)- Sylke Spin- Tiffany	Water Aerobics Jan Barre- Suzanne			
9:15a		Spin- Lucinda Flow- Sylke						
10:00a		Water Aerobics Jan	Gentle Water Ex Tracy TRX Sylke	Water Aero. Jan Yoga Flow- Boonie	TRX Kristie			
11:00a	Silver Sneakers Brae		Gentle Yoga Tracy	Zumba Gold Heidi Water Yoga Tracy	Pilates Ronna			
12:00p	Cycle Bootcamp Danielle		Silver Sneakers Tracy		Chair Yoga *12:15pm Tracy			
1:00p	Strength Gold Cathy	Cardio Gold Cathy	Strength Gold Cathy	Cardio Gold Cathy				
5:30p	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	Flow - Catherine						
	Zumba- Alma			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