



# Summerville Family YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PONDS MAY GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a							
8:00a	POWER STEP-Kacie	SPIN and Strength-Tracy		SPIN and Strength Lucinda	Kick and Core-Kacie	SPIN-Jill	
8:00a	CYCLE-Tiffany				CYCLE-Tiffany	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					Gentle Yoga-Tracy		
11:00a	Gentle Yoga-Tracy	SILVER SNEAKERS- RONNA		SILVER SNEAKERS Brae			
12:00p		SILVER SNEAKERS Tracy		SILVER SNEAKERS Brae			
4:00p					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	<b>*NEW*</b> Extreme Hip-Hop Najapa		<b>*NEW*</b> Extreme Hip-Hop Najapa				
6:00p		Total Body Strength-Kacie	Spin-Jill	Total Body Strength-Kacie	Yoga-Tracy		
6:30p	<b>*NEW*</b> Total Body Shred-Shannon		YOGA-Catherine				