



Summerville Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PONDS JANUARY GROUP FITNESS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|------------------------|----------------------------------|------------------------|----------------------------------|--|---------------------------|-----------|
| 5:15a | | Total Body Conditioning-Courtney | | Total Body Conditioning-Courtney | | | |
| 7:00a | TURBOKICK-STACY | | | | | | |
| 8:00a | POWER STEP-Kacie | SPIN and Strength-Tracy | SHINE-Veronica | SPIN and Strength-Lucinda | Kick and Core-Kacie | SPIN-Jill | |
| 8:00a | CYCLE-Tiffany | | | | CYCLE-Tiffany | Total Body Strength-Kacie | |
| 9:00a | | | | | | SHINE-Veronica | |
| 9:00a | SHRED-Donna | Flow and Core-Kacie | Spin Bootcamp-Lucinda | PiYo-Stacy | SHRED-Lucinda | Total Body Strength-Kacie | |
| 10:00a | | 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 | Gentle Barre-Heidi | SILVER SNEAKERS Brae | | | |
| 12:00p | | SILVER SNEAKERS Tracy | | SILVER SNEAKERS Brae | | | |
| 1:00p | | | | | | | BARRE-Mel |
| 4:15p | | Fit-Tastic Kids-Tyler | | Fit-Tastic Kids-Tyler | DO MORE IN 2024 Challenge! Group Fitness Classes! Personal Training! PEAK! Women on Weights! Daily Challenge! Earn Tickets, Win Prizes! (Location of classes subject to change per the instructor!) | | |
| 4:30p | SHINE-Veronica | | | | | | |
| 5:00p | | | | Yin Yoga- Shauna | | | |
| 5:00p | | Kick and Core-Kacie | | POWER STEP-Kacie | | | |
| 5:30p | Extreme Hip-Hop Najapa | | Extreme Hip-Hop Najapa | | | | |
| 6:00p | | Total Body Strength-Kacie | Spin-Jill | Total Body Strength-Kacie | Yoga-Tracy | | |
| 6:30p | BARRE-Mel | | YOGA-Catherine | | | | |