



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			YOGA-Catherine				