



Summerville Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA - MAY 2024 GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
5:05a	Total Body Strength- Jill	The 20 Split Kia	Total Body Strength- Jill	Body Sculpt Yoga- Kia	HIIT- Sylke	8:00a	Bootcamp Suzanne	1:00p
6:00a		Spin- Celeste	Spin- Kia	Spin- Celeste	Spin- Angela	9:30a	Werq Kristie/Kia	Spin- Angela
7:00am		QiGong- Jacki		QiGong- Jacki		9:00am	Spin Tiffany	
7:30a	Step- Jan				Step- Jan	10am	Roll & Recover Tiffany **5/18**	
8:00a	Spin- Suzanne	Total Body Shred Lucinda	HIIT- Donna	Total Body Conditioning Danielle	Cycle Bootcamp Danielle	10:30a m	Power Yoga Catherine *Ends 5/18	
	Water Aerobics Leslie		Water Aerobics Leslie					
Body Sculpt Express *45 mins Kristie								
9:00a	Barre Kristie		WERQ Sylke	The Mix (Pilates & Yoga)- Sylke	Water Aerobics Jan			
	Zumba Heidi			Spin- Tiffany	Barre- Suzanne			
	Spin- Suzanne							
9:15a	Aqua Flow Fusion *9:30 Emily	Spin- Lucinda						
		Flow- Sylke						
10:00a		Water Aerobics Jan	TRX Sylke	Water Aero. Jan	TRX Kristie			
				H.I.R.T. *10:10 Tiffany				
				Silver Sneakers Emily				
11:00a	Silver Sneakers Brae	Chair Yoga Marilyn	Gentle Yoga Tracy	Zumba Gold *11:30am Heidi Water Yoga *11am Tracy	Pilates Ronna			
12:00p	Cycle Bootcamp Danielle		Silver Sneakers Tracy		Chair Yoga *12:15pm Tracy			
	Silver Sneakers Brae	Cardio Gold *12:40 Cathy		Cardio Gold *12:40 Cathy				
1:00p	Strength Gold Cathy 1:00pm		Strength Gold Cathy *1:10pm					
1:40p		Cardio Drumming Cathy 1:40pm						
5:30p	Pilates Jan	Total Body Shred Suzie	Pilates Jan	Total Body Shred Suzie				
6:00p		Water Aerobics Jan		Water Aerobics Jan				
6:30p	Restorative Yoga Marilyn							
	Zumba- Alma	Gentle Yoga Marilyn		Zumba- Alma				
	Water Aerobics Jan	WERQ Nejapa	Zumba Alma	Yin Yoga Shauna				

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