

SUMMERVILLE FAMILY YMCA

DOWNTOWN YMCA - JULY 2024 GROUP EXERCISE SCHEDULE

MONDAY	CLASS	LOCATION	INSTRUCTOR	TUESDAY	CLASS	LOCATION	INSTRUCTOR
5:05-6:00 AM	TOTAL BODY STRENGTH	STUDIO A	JILL	5:05-6:00 AM	THE 20 SPLIT	STUDIO A	KIA
7:30-8:30 AM	STEP	STUDIO A	JAN	6:00-7:00 AM	SPIN	SPIN STUDIO	CELESTE
8:00-9:00 AM	WATER AEROBICS	POOL	LESLIE	7:00-8:00 AM	QIGONG	STUDIO A	JACKI
8:00-8:45 AM	BODY SCULPT EXPRESS	STUDIO B	KRISTIE	8:00-9:00 AM	TOTAL BODY SHRED	STUDIO A	LUCINDA
9:00-10:00 AM	BARRE	STUDIO B	KRISTIE	9:00-10:00 AM	H.I.R.T.	STUDIO B	TIFFANY
9:00-10:00 AM	ZUMBA	STUDIO A	HEIDI	9:15-10:15 AM	SPIN	SPIN STUDIO	LUCINDA
9:00-10:00 AM	SPIN	SPIN STUDIO	SUZANNE	9:15-10:15 AM	FLOW	STUDIO A	SYLKE
9:30-10:30 AM	AQUA FLOW FUSION	POOL	EMILY	10:00-11:00 AM	WATER AEROBICS	POOL	JAN
11:00-12:00 PM	SILVER SNEAKERS	STUDIO A	BRAE	11:00-12:00 PM	CHAIR YOGA	STUDIO A	MARILYN
12:00-1:00 PM	CYCLE BOOTCAMP	SPIN STUDIO	DANIELLE	11:00-12:00 PM	WATER YOGA	POOL	TRACY
12:00-1:00 PM	SILVER SNEAKERS	STUDIO A	BRAE	12:00-1:00 PM	STRENGTH GOLD *7/16	STUDIO A	KAREN
1:00-2:00 PM	CARDIO GOLD *7/15	STUDIO A	KAREN				
5:30-6:15 PM	PILATES	STUDIO A	JAN	5:30-6:30 PM	TOTAL BODY SHRED	STUDIO A	SUZIE
6:30-7:30 PM	RESTORATIVE YOGA	STUDIO B	MARILYN	6:00-7:00 PM	WATER AEROBICS	POOL	JAN
6:30-7:30 PM	WATER AEROBICS	POOL	JAN	6:30-7:30 PM	GENTLE YOGA	STUDIO B	MARILYN
6:30-7:30 PM	ZUMBA	STUDIO A	ALMA	6:30-7:30 PM	WERQ	STUDIO A	NEJAPA
WEDNESDAY	CLASS	LOCATION	INSTRUCTOR	THURSDAY	CLASS	LOCATION	INSTRUCTOR
5:05-6:00 AM	TOTAL BODY STRENGTH	STUDIO A	JILL	5:05-6:00 AM	BODY SCULPT YOGA	STUDIO A	KIA
6:00-7:00 AM	SPIN	SPIN STUDIO	KIA	6:00-7:00 AM	SPIN	SPIN STUDIO	CELESTE
8:00-9:00 AM	HIIT	STUDIO A	DONNA	7:00-8:00 AM	QIGONG	STUDIO A	JACKI
8:00-9:00 AM	WATER AEROBICS	POOL	LESLIE	8:00-9:00 AM	TOTAL BODY CONDITIONING	STUDIO A	DANIELLE
9:00-10:00 AM	WERQ	STUDIO A	SYLKE	9:00-10:00 AM	THE MIX	STUDIO A	SYLKE
10:00-11:00 AM	TRX	STUDIO A	SYLKE	9:00-10:00 AM	SPIN	SPIN STUDIO	TIFFANY
11:00-12:00 PM	GENTLE YOGA	STUDIO A	TRACY	10:00-11:00 AM	WATER AEROBICS	POOL	JAN
12:00-1:00 PM	SILVER SNEAKERS	STUDIO A	TRACY	10:00-11:00 AM	SILVER SNEAKERS	STUDIO A	EMILY
1:00-2:00 PM	LINE DANCING *7/17	STUDIO A	KAREN	11:30-12:30 PM	ZUMBA GOLD	STUDIO A	HEIDI
5:30-6:30 PM	PILATES	STUDIO A	JAN	1:00-2:00 PM	STRENGTH GOLD *7/18	STUDIO A	KAREN
6:30-7:30 PM	ZUMBA	STUDIO A	ALMA	5:30-6:30 PM	TOTAL BODY SHRED	STUDIO A	SUZIE
				6:00-7:00 PM	WATER AEROBICS	POOL	JAN
				6:30-7:30 PM	ZUMBA	STUDIO A	ALMA
				6:30-7:30 PM	YIN YOGA	STUDIO B	SHAUNA

SUMMERVILLE FAMILY YMCA

DOWNTOWN YMCA - JUNE 2024 GROUP EXERCISE SCHEDULE

FRIDAY	CLASS	LOCATION	INSTRUCTOR	SATURDAY	CLASS	LOCATION	INSTRUCTOR
5:05-6:00 AM	HIIT	STUDIO A	SYLKE	8:00-9:00 AM	BOOTCAMP	STUDIO A	SUZANNE
6:00-7:00 AM	SPIN	SPIN STUDIO	ANGELA	9:00-10:00 AM	SPIN	SPIN STUDIO	TIFFANY
7:30-8:30 AM	STEP	STUDIO A	JAN	9:30-10:30 AM	WERQ	STUDIO A	KRISTIE/KIA
8:00-9:00 AM	CYCLE BOOTCAMP	SPIN STUDIO	DANIELLE	10:00-10:30 AM	ROLL & RECOVERY *7/13	STUDIO B	TIFFANY
9:00-10:00 AM	WATER AEROBICS	POOL	JAN				
9:00-10:00 AM	BARRE	STUDIO A	SUZANNE				
10:00-11:00 AM	THE CIRCUIT	STUDIO A	KRISTIE				
11:00-12:00 PM	PILATES	STUDIO A	RONNA				
12:15-1:15 PM	CHAIR YOGA	STUDIO A	TRACY				
SUNDAY	CLASS	LOCATION	INSTRUCTOR				
1:00-2:00 PM	SPIN	SPIN STUDIO	ANGELA				