



Summerville Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PONDS NOVEMBER GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00a							
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 Express-Kacie	Spin Bootcamp-Lucinda	PiYo-Stacy	SHRED-Lucinda	Total Body Strength-Kacie	
10:00a	SHINE-Veronica	ZUMBA Toning Heidi	ZUMBA-Heidi	ZUMBA Toning-Brae	ZUMBA-Kirk		
10:00a	YOGA (All Levels)-Tracy				Roll and Recover-Tiffany		
10:15a	INTRO to Pickleball					YOGA-Tracy	
10:45a					Gentle Yoga-Tracy		
11:00a	Gentle Yoga-Shauna	SILVER SNEAKERS- RONNA	Gentle Barre-Heidi	SILVER SNEAKERS Brae			
12:00p	SILVER SNEAKERS-Ronna	SILVER SNEAKERS Tracy	SILVER SNEAKERS-Ronna	SILVER SNEAKERS Brae			
1:00p							
4:15p		Fit-Tastic Kids-Tyler		Fit-Tastic Kids-Tyler			
4:30p					Get Ready for the Holidays! Ask about Annual Campaign! (Class Location Subject to Change Per Instructor)		
5:00p							
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			GENTLE YOGA-Shauna				