

**SOUTHTOWNS FAMILY YMCA**  
**GROUP EXERCISE – MAIN GYM**  
**OCTOBER 1<sup>ST</sup> - OCTOBER 31<sup>ST</sup> 2021**

Registration is **REQUIRED** for Cycling and Cycle & Circuit classes **WEEKLY**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Fusion</b> 5:30 – 6:15 am Karen		<b>Fusion</b> 5:30 – 6:15 am Karen		<b>Fusion</b> 5:30 – 6:15 am Karen	
	<b>Low Impact Circuit</b> 8:15 – 9:00 am Kathy	<b>SilverSneakers® Circuit</b> 8:15 – 9:00 am Marla	<b>Low Impact Circuit</b> 8:15 – 9:00 am Kathy	<b>SilverSneakers® Circuit</b> 8:15 – 9:00 am Marla	<b>Low Impact Circuit</b> 8:15 – 9:00 am Kathy	
	<b>SilverSneakers® Classic</b> 9:30-10:15 am Brandon	<b>SilverSneakers® Classic</b> 9:30 – 10:15 am Marla	<b>Strength &amp; Conditioning</b> 9:30 – 10:15 am Kathy	<b>SilverSneakers® Classic</b> 9:30 – 10:15 am Marla		
	<b>Zumba®</b> 10:30 – 11:15 am Sara		<b>Zumba®</b> 10:30 – 11:15 am Sara		<b>Cardio Dance</b> 10:30 – 11:15 am Melissa	
	<b>Zumba® Gold</b> 11:30 – 12:15 pm Sara		<b>Zumba® Gold</b> 11:30 – 12:15 pm Sara			

**SOUTHTOWNS FAMILY YMCA**  
**GROUP EXERCISE – AUXILLARY GYM**  
**OCTOBER 1<sup>ST</sup> – OCTOBER 31<sup>ST</sup> 2021**



Registration is **REQUIRED** for Cycling and Cycle & Circuit classes **WEEKLY**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Cycle &amp; Circuit</b> 5:30 – 6:15 am Karen				
						<b>HIIT</b> 8:15 – 9:00 am Sara V.
	<b>Strength &amp; Conditioning</b> 9:30 – 10:15 am Jilyana				<b>Strength &amp; Conditioning</b> 9:30 – 10:15 am Jilyana	<b>Cycling</b> 9:30 – 10:15 am Sara V.
		<b>Yoga</b> 10:30 – 11:30 am Sue		<b>Yoga</b> 10:30 – 11:30 am Sue	<b>Cycling</b> 10:30am – 11:15am Jilyana	
		<b>Zumba®</b> 12:00 – 12:45 pm Melissa		<b>Zumba®</b> 12:00 – 12:45 pm Melissa		
		<b>Cycling</b> 4:30 – 5:15 pm Sara V.	<b>Cycle &amp; Circuit</b> 4:45 – 5:30 pm Sara V.	<b>Cycling</b> 4:30 – 5:15 pm Sara V.		
	<b>TRX Circuit</b> 5:15 - 6:00 pm Renae	<b>Balanced Boxing</b> 5:30 – 6:30 pm Jim W.				
	<b>Cycling</b> 6:15 – 7:00 pm Abby	<b>Boxing Fitness</b> 6:30 – 7:30 pm Jim W.			<b>BODYPUMP™</b> 5:30 – 6:30 pm Renae R.	
	<b>BODYPUMP™</b> 7:15 – 8:15 pm Sara V.		<b>BODYPUMP™</b> 6:45 – 7:45 pm Bridgett B.			

**SOUTHTOWNS FAMILY YMCA**  
**GROUP EXERCISE – STUDIO**  
**OCTOBER 1<sup>ST</sup> – OCTOBER 31<sup>ST</sup> 2021**  
 Registration is **REQUIRED** for Cycling and Cycle & Circuit classes **WEEKLY**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Cardio Kickboxing</b> 9:00 – 10:00 am Jess		<b>Cardio Kickboxing</b> 9:00 – 10:00 am Jess		<b>Cardio Kickboxing</b> 9:00 – 10:00 am Jess	<b>Zumba® Step</b> 9:00 – 9:45 am Melissa
<b>Zumba®Kids Jr.</b> 10:00 – 10:30 am Sara B. 9/19 – 10/24 ONLY						<b>Cardio Kickboxing</b> 10:00 – 11:00 am Jess
<b>Zumba®Kids</b> 10:45 – 11:30 am Sara B. 9/19 – 10/24 ONLY		<b>SilverSneakers® Yoga</b> 12:00 – 12:45 pm Sue		<b>SilverSneakers® Yoga</b> 12:00 – 12:45 pm Sue	<b>Low Impact Strength &amp; Conditioning</b> 11:30 – 12:15 pm Melissa	<b>Yoga</b> 11:15 – 12:15 pm Adrianna
<b>Zumba®</b> 12:30 – 1:15 pm Sara B.						
			<b>Core &amp; More</b> 5:30 – 6:15 pm Renae			
		<b>Strength &amp; Conditioning</b> 6:00 – 6:45 pm Lisa		<b>Strength &amp; Conditioning</b> 6:00 – 6:45 pm Lisa		
	<b>Zumba®</b> 7:00 – 7:45 pm Sara B.	<b>Core &amp; More</b> 7:00 – 7:45 pm Lisa	<b>Zumba®</b> 7:00 – 7:45 pm Sara B.	<b>Core &amp; More</b> 7:00 – 7:45 pm Lisa		
	<b>Yoga</b> 8:00 – 8:45pm Alaina	<b>Yoga</b> 8:00 – 8:45 pm Adrianna	<b>Yoga</b> 8:00 – 8:45 pm Alaina	<b>Yoga</b> 8:00 – 8:45 pm Adrianna		