

STUDIO

DECEMBER 1 – DECEMBER 21, 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Les Mills BODYPUMP™ 5:30am – 6:30am Holly B		Les Mills BODYPUMP™ 5:30am – 6:30am Holly B		Yoga 7:00am – 7:45am Janice	
	SilverSneakers® Yoga 8:00am – 8:45am Brandon		Yoga 7:00am – 7:45am Janice	Les Mills BODYBALANCE™ 8:00am-8:45am Linda S		Fusion 8:00am – 9:00am Kim
Les Mills BODYSTEP™ 9:15am – 10:00am Kelly	Cardio Kickboxing 9:00am – 10:00am Jess		Cardio Kickboxing 9:00am – 10:00am Jess	Strength & Conditioning 9:00am-9:45am Linda S	Cardio Kickboxing 9:00am – 10:00am Jess	Mindful Movement 9:00am – 9:45am Kim
Healthy Back 10:15am – 11:00am Joy	Yoga 11:30am -12:30pm Mary Beth		SilverSneakers® Circuit 10:30am – 11:15am Jane	Core & More 11:00am – 11:45am Melissa T	Les Mills BODYSTEP™ 10:30am-11:15am Kelly	Cardio Kickboxing 10:00am – 11:00am Jess
Yoga 11:15am – 12:15pm Joy		Zumba® Step 11:00am – 11:45am Melissa T				Yoga 11:15am – 12:15pm Adrianna
		SilverSneakers® Yoga 12:00pm – 12:45pm Sue	SilverSneakers® Yoga 12:30-1:15pm Janice	SilverSneakers® Yoga 12:00pm – 12:45pm Sue		
	Core & More 4:45pm – 5:30pm Kelly	Les Mills BODYSTEP™ 5:00pm – 5:45pm Kelly		Les Mills BODYSTEP™ 5:00pm – 5:45pm Kelly		
	Cardio Kickboxing 5:45pm – 6:45pm Jess	Strength & Conditioning 6:00pm – 6:45pm Chelsey	Healthy Back 5:15pm – 6:15pm Kim	Strength & Conditioning 6:00pm – 6:45pm Erin	Les Mills BODYPUMP™ 5:45pm – 6:45pm Kelly	
	Zumba® 7:00pm – 7:45pm Mary G	Core & More 7:00pm – 7:45pm Adrianna	Zumba® 6:30pm – 7:30pm Mary G	Core & More 7:00pm – 7:30pm Erin		
	Yoga 8:00pm – 8:45pm Chris B	Yoga 8:00pm – 8:45pm Adrianna		Yoga 7:45pm – 8:45pm Mary Beth		

MAIN GYM 1

DECEMBER 1 – DECEMBER 21, 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am-12:15pm	Fusion (Full Main Gym 1 & 2) 5:15am-6:00am Karen (No Class 12/9)			Fusion (Full Gym 1 & 2) 5:15am – 6:00am Karen (No Class 12/12)		Open Gym for All 7:00am-7:45pm
	Open Gym for All 6:00am-7:15am	Open Gym 6:15am- 7:15am	Open Gym for All 5:00am-7:15am	Open Gym 6:15am-7:15am	Open Gym for All 5:00am-7:15am	
	Low Impact Circuit 8:15am – 9:00am Kathy B	SilverSneakers® Circuit 8:15am – 9:00am Marla W	Low Impact Circuit 8:15am – 9:00am Kathy B	SilverSneakers® Circuit 8:15am – 9:00am Marla W	Low Impact Circuit 8:15am – 9:00am Kathy B	
	SilverSneakers® Classic 9:30am - 10:15am Brandon F	SilverSneakers® Classic 9:30am – 10:15am Marla W	Open Gym for All 9:15am-10:15am	SilverSneakers® Classic 9:30am – 10:15am Marla W	SilverSneakers® Classic 9:30am – 10:15am Brandon F	
	Zumba® 10:30am – 11:15am Sara B	Open Gym for All 10:30am-12:45pm	Zumba® 10:30am – 11:15am Sara B	Open Gym for All 10:30am-12:45pm	Zumba® 10:30am – 11:15am Brandon F	
	Zumba Gold® 11:30am – 12:15pm Sara B	SilverSneakers® Classic 1:00pm – 1:45pm YMCA Staff	Zumba Gold® 11:30am – 12:15pm Sara B	SilverSneakers® Classic 1:00pm – 1:45pm YMCA Staff	Zumba Gold® 11:30am – 12:15pm Brandon F	
Open Gym for All 1:45pm-5:45pm	Open Gym for All 12:30pm-1:00pm	Open Gym for All 2:00pm-5:30pm	Open Gym for All 12:30pm-1:00pm	Open Gym for All 2:00pm-8:30pm	Open Gym for All 12:30pm-1:00pm	
	UPK 1:00pm-2:00pm	Preschool Basketball 5:30pm-6:15pm	UPK 1:00pm-2:00pm		UPK 1:00pm-2:00pm	
	Open Gym for All 2:00pm-8:30pm	Preschool Soccer 6:30pm-7:15pm	Open Gym for All 2:00pm-9:45pm		Open Gym for All 2:00pm-9:45pm	
	Pickup Basketball 8:30pm-9:45pm	Youth Ninja 7:30pm-8:15pm				Pickup Basketball 8:30pm-9:45pm

*Please be aware that the encourage Benefit for Both program will be in MG1 from 11:30am-2:00pm on the 1st and 3rd Wednesday of the month.

*Please recognize the 15-minute or 30-minute transition time allotted between programs for setup and breakdown.

AUXILIARY GYM**DECEMBER 1 – DECEMBER 21, 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am-8:45am	Open Gym for All 5:00am-5:45am	Spin Interval 5:15am-6:00am Karen (No Class 12/10)	Open Gym for All 5:00am-5:45am	Open Gym for All 5:00am-8:00am	Open Gym for All 5:00am-5:45am	Open Gym for All 7:00am-8:00am
	Advanced Pickleball 6:00am-9:00am	Open Gym for All 6:00am-8:00am	Pickleball all Levels 6:00am-9:00am		Advanced Pickleball 6:00am-9:00am	
		Interval Training 8:30am – 9:15am Kathy B		Interval Training 8:30am – 9:15am Kathy B		HIIT 8:15am – 9:00am Sara V
BODYPUMP™ Express 9:15am-10:00am Melissa M	Strength & Conditioning 9:30am – 10:15am Jilyana	BODYPUMP™ Express 9:30am-10:15am Melissa M		BODYPUMP™ Express 9:30am-10:15am Melissa M	Strength & Conditioning 9:30am – 10:15am Kelly O	Cycling 9:30am – 10:30am Sara V
Pickleball All Levels 10:15am-3:00pm	Low Impact Cycling 10:30am – 11:15am Sue K	Yoga 10:30am – 11:30am Sue K	Open Gym for All 9:00am-1:45pm	Yoga 10:30am – 11:30am Sue K	Cycling 10:30am – 11:15am Sue K	Jr. Cav's League Games 11:00am-2:00pm
Open Gym for All 3:15pm-5:45pm	Open Gym for All 10:30am-11:15am (half)	Zumba® 12:00pm – 12:45pm Melissa T	Pickleball all Levels 2:00pm-4:00pm	Cardio Dance 12:00pm – 12:45pm Melissa T	Open Gym for All 10:30am-11:15am (half)	Open Gym 2:00pm-6:45pm
	Open Gym for All 11:15am-1:45pm				Open Gym for All 11:15am-1:45pm	
	Pickleball All Levels 2:00pm-4:45pm	UPK 1:00-2:00pm	Cycle & Circuit 4:30pm – 5:30pm	UPK 1:00-2:00pm	Pickleball All Levels 2:00pm-4:00pm	
	HIIT 5:15pm – 6:00pm Renaë	Open Gym for All 2:00pm-4:00pm	Les Mills Body Pump Express 5:45-6:30pm Lindsay B	Open Gym for All 2:00pm-4:00pm	Pickleball 1 Court Recreational 1 Court -All Levels 4:00pm-6:00pm	
	Cycling 6:15pm – 7:00pm Abby	Cycling 4:30pm – 5:30pm Sara V		Cycling 4:30pm – 5:30pm Sara V		
	Les Mills BODYPUMP™ 7:15pm – 8:15pm Sara V	Balanced Boxing 5:45-6:45pm & 6:45pm-7:45pm Jim	Jr. Cavs Basketball Practice 6:30pm-8:30pm	HIIT 5:45pm – 6:30pm Renaë		
	Open Gym for All 8:30pm-9:45pm	Pickleball All Levels 7:45pm-9:45pm	Open Gym for All 8:30pm-9:45pm	Jr. Cav's Practice 6:45pm-8:45pm Open Gym for All 8:30pm-9:45pm	Teen Pickup Basketball 6:15pm-9:45pm	

SOUTHTOWNS FAMILY YMCA
MAIN GYM 2
DECEMBER 1 – DECEMBER 21, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	FUSION 5:15am-6:00am Karen (No Class 12/9)	OPEN GYM FOR ALL 5:00am- 5:30pm				
	Open Gym for All 6:15am-10:15am		Open Gym for All 5:00am-10:15am		Open Gym for All 5:00am-10:15am	
Pickleball Recreational 8:00am-10:00am	Zumba 10:30am-11:15am		Zumba 10:30am-11:15am	FUSION 5:15am-6:00am Karen (No Class 12/12)	Zumba 10:30am-11:15am	Pickleball ALL LEVELS 7:00am-10:15am
Pickleball All Levels 10:00am-12:15pm	Open Gym for All 11:30am-1:45pm		Open Gym for All 11:30am-1:45pm		Open Gym for All 11:30am-1:45pm	Jr. Cav's Basketball LEAGUE GAMES 10:30am-2:00pm
Zumba® 12:30pm – 1:30pm Sara B	Pickleball All Levels 1 Court Recreational 2:00pm-4:00pm		Jr Cavs Basketball Practices 5:30pm-8:30pm		OPEN GYM FOR ALL 6:15am-5:30pm	
Open Gym for All 1:45pm-5:45pm		Open Gym for All 4:15pm-5:30pm		Pickleball All Levels 1 Court Recreational 2:00pm-4:00pm		Pickleball All Levels 1 Court Recreational 2:00pm-6:00pm
		Jr Cavs Basketball Practices 5:30pm-8:30pm		Special Olympics (Starts 11/6) 5:30pm-6:15pm		Jr Cavs Basketball Practices 5:30pm-8:30pm
	Preschool Tumblers 6:30pm-7:15pm					

			Youth Gymnastics 7:30pm – 8:15pm			
	Open Gym for All 8:30pm-9:45pm	Open Gym for All 8:30pm-9:45pm	Open Gym for All 8:15pm -9:45pm	Open Gym for All 8:30pm-9:45pm		