

# GROUP FITNESS CLASS SCHEDULE

MARCH 2019 - Calhoun County YMCA

## MONDAY

5:15-6:00am  
**Cycle (3)**  
Gene

9:30-10:30am  
**SilverSneakers Classic (2)**  
Mischelle

5:00-5:30pm  
**Ab Lab (2)**  
Mischelle

5:30-6:30pm  
**PUMP (2)**  
Mischelle

5:30-6:30  
**Y-Fit (1)**  
Mario

6:30-7:30pm  
**Zumba (2)**  
Katy

## TUESDAY

5:15-6:00am  
**Core & More (2)**  
Chris

8:15-9:15am  
**Zumba (2)**  
Yessy

9:30-10:30am  
**Rhyth-Mix Step (2)**  
Mischelle

5:30-6:15pm  
**Cycle (3)**  
Chris

5:30-6:15pm  
**Kettlebells (1)**  
Pam

6:30-7:30pm  
**Zumba (2)**  
Yessy

## WEDNESDAY

5:15-6:00am  
**Cycle (3)**  
Gene

9:30-10:30am  
**SilverSneakers Circuit (2)**  
Mischelle

5:30-6:30  
**Y-Fit (1)**  
Mario

5:30-6:30  
**YOGA (LC)**  
Kim / Pam

6:30-7:30pm  
**Zumba (2)**  
Yessy

## THURSDAY

5:15-6:00am  
**Core & More (2)**  
Chris

8:15-9:15am  
**Zumba (2)**  
Yessy

9:30-10:30am  
**Rhyth-Mix Step (2)**  
Mischelle

5:30-6:15pm  
**Kettlebells (1)**  
Pam

6:30-7:30pm  
**Zumba (2)**  
Lola

## FRIDAY

5:15-6:00am  
**Cycle & Strength (3)**  
Chris

9:30-10:30am  
**SilverSneakers Classic (2)**  
Mischelle

**LOCATION GUIDE:**  
(1) Studio One  
(2) Studio Two  
(3) Studio Three  
(LC) Learning Center

*Classes are subject to  
cancellation from time  
to time due to  
circumstances beyond  
our control.  
We thank you for  
understanding.*

**Ages 16 & Up  
Only in Group  
Fitness Classes**

**Schedule Subject to  
Change  
Classes with low  
participation may be  
discontinued**

Calhoun County  
YMCA  
713 Hwy 35 S  
Port Lavaca TX 77979  
361-551-2562

