

GROUP FITNESS CLASS SCHEDULE

FEBRUARY 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
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361-551-2562

