

GROUP FITNESS CLASS SCHEDULE

JANUARY 2018 - 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
Step (2)
Mischelle

5:30-6:30pm
Y-Fit (1)
Jannah

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

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

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

WEDNESDAY

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

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

10:30-11:00am
SilverSneakers Yoga (2)
Mischelle

5:30-6:15
HIIT (2)
Jannah

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)
Katy

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

Ages 16 & Up Only

Schedule Subject to Change

Classes with low participation may be discontinued

Classes are subject to cancellation from time to time due to circumstances beyond our control.

We thank you for your cooperation.

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

