



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YMCA OF SOUTHERN WEST VIRGINIA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am Beginner Yoga Jeremiah Price	8:30am Yoga Strength Jeremiah Price	7:30am Beginner Yoga Jeremiah Price	8:30am Yoga Strength Jeremiah Price	7:30am Beginner Yoga Jeremiah Price	8:15am Les Mills Body Pump** Instructors Alternate
8:30am-10:00am Cardio Toning Melanie Stevens	9:30am Les Mills Body Combat Wes Davis	8:30am-10:00am Cardio Toning Melanie Stevens	9:30am Les Mills Body Combat Wes Davis	8:30am-10:00am Step Toning April Chapman	10:00am Zumba Instructors Alternate
10:00am Zumba Toning/Strong Amy Howell	4:30pm Les Mills Body Pump** Amy Howell	10:00am Zumba Amy Howell	4:45pm REFIT Jennifer Bledsoe	10:00am Zumba Amy Howell	11:00am Kickboxing Sue Burton
3:30pm Les Mills Body Pump** Sandy Kelly	5:45pm Zumba Natalie Carter	5:30pm Zumba Ashley Davis	5:45pm Zumba Megan Rice	5:00pm REFIT Jennifer Bledsoe	
4:45pm Zumba Kelli Crigger	6:45pm Kickboxing Dave Krass	6:45pm Beginner Yoga Tatiana R.	6:45pm Kickboxing Dave Krass	6:00pm AAA Al Leftwich	
6:00pm AAA Al Leftwich		8:30pm Cardio Kick Linn Sheik			
7:00pm Intermediate Yoga Tatiana R.					
8:30pm Cardio Kick Linn Sheik					

** In order to take Les Mills Body Pump, you must pick up a class reservation card at the front desk and turn it in to you're the class instructor before class begins. Class capacity is 17 participants.

UPDATED: June 5, 2017

YMCA of Southern WV

121 East Main Street Beckley, WV 25801
304 252 0715
ymcaswv.com



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Songer Family Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm Sandy Kelly	5:15am Rhonda Culicerto	3:30pm Sandy Kelly	5:15am Rhonda Culicerto	7:00pm Lisa Shrewsberry	8:15am Mo Avancini
6:00pm Michelle Fitzpatrick	9:00am Mo Avancini	6:00pm Michelle Fitzpatrick	9:00am Mo Avancini		9:30am Lisa Shrewsberry
7:45pm Linn Sheik	5:30pm Sue Burton	7:45pm Linn Sheik	5:30pm Lisa Shrewsberry		
	6:30pm Sue Burton				

Aqua-Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Mo Avancini	7:30am Loretta Wheeler	9:00am Mo Avancini	7:30am Loretta Wheeler	9:00am Aqua Yoga Jeremy Price	
	9:00am Megan Clackler		9:00am Megan Clackler		

The Charlie Williamson Memorial Training Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00pm TRX Sue Burton	10:30am TRX and Weights Megan Clackler	7:00pm AAA Al Leftwich	10:30am TRX and Weights Megan Clackler	5:00pm TRX Sue Burton	9:00am TRX Sue Burton
6:00pm Tone & Tighten Angie Hartsuch	6:00pm Cross Training Mark Miller		6:00pm Cross Training Mark Miller		

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