



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YMCA OF SOUTHERN WEST VIRGINIA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am Zumba Tracie Sears	8:00 am HIIT the Weights Linda Harsh	5:00 am Zumba Tracie Sears	8:30 am Piyo Lydia Cox	5:00 am Zumba Tracie Sears	8:15am Strength Train Together Instructors Alternate
7:30am Gentle Flow Yoga Lydia Cox	9:30 am Ripped Rumble Wes Davis	7:30am Gentle Flow Yoga Lydia Cox	9:30am MMA Cardio Wes Davis	7:30am Gentle Flow Yoga Lydia Cox	10:00am Zumba Instructors Alternate
8:30am-10:00am Cardio Toning Melanie Stevens	10:30 am Strength Train Together Della Workman	8:30am-10:00am Cardio Toning April Chapman	4:30 Strength Train Together Della Workman	8:30am-10:00am Step Toning April Chapman	
10:00am Zumba Toning/Strong Amy Green	4:30pm Strength Train Together Amy Greenl	10:00am Zumba Amy Howell	5:45pm Zumba Megan Rice	10:00am Zumba Amy Howell	
4:45pm Zumba Kelli Crigger	5:45pm Zumba Natalie Carter	4:30 pm Piyo Lydia Cox	6:45pm Kickboxing Dave Krass	4:45 pm Zumba Crew Instructors Alternate	
6:00pm AAA Al Leftwich	6:45pm Kickboxing Dave Krass	5:30pm Zumba Ashley Davis		6:00pm AAA Al Leftwich	
8:30pm Cardio Kick Linn Sheik		7:00 pm AAA Al Leftwich			
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UPDATED April 5, 2018

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
7:30 am Emily Wilkinson	5:15am Christina Parker	4:30 pm Sandy Kelly	5:15am Christina Parker		8:15am Mo Avancini
3:30 pm Sandy Kelly	9:00am Mo Avancini	6:00pm Michelle Fitzpatrick	9:00am Mo Avancini		
6:00pm Michelle Fitzpatrick	5:30pm Sue Burton	7:45pm Linn Sheik	5:30 pm Rhonda Culicerto		
7:45pm Linn Sheik	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 Mo Avancini Christina Parker	
	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	10:30 am Kettlebells Sue Burton	10:30am TRX and Weights Megan Clackler	5:00pm Kettle bells Sue Burton	9:00am TRX Sue Burton
6:00pm Tone & Tighten Angie Hartsuch	6:00pm Cross Training Mark Miller	7:00pm AAA Al Leftwich	5:00pm Refit Jenifer Bledsoe		10:00 am Kettlebells Sue Burton
			6:00pm Cross Training Mark Miller		

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