



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YMCA OF SOUTHERN WEST VIRGINIA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-10:00am Cardio Toning Melanie Stevens	10:30 am Strength Train Together Della Workman	7:30am Gentle Flow Yoga Wendy Sullivan	8:30 am Zumba Strong Angie Hartsuch	8:30am-10:00am Step Toning April Chapman	8:15am Strength Train Together Instructors Alternate
10:00am Zumba Toning/Strong Amy & Angie	4:30pm Strength Train Together Amy Green	8:30am- 10:00am Cardio Toning April Chapman	10:30 am Strength Train Together Amy Green	10:00am Zumba Instructors Alternate	10:00am Zumba Instructors Alternate
4:45pm Zumba Kelli Crigger	5:45pm Zumba Natalie Carter	10:00am Zumba Amy Green	4:30pm Strength Train Together Della Workman	6:00pm AAA Al Leftwich	
6:00pm AAA Al Leftwich	6:45pm Kickboxing Dave Krass	5:30pm Zumba Ashley Davis	5:45pm Zumba Instructors Alternate		
7:00 pm Yoga Jane Helsing	7:45 pm Yoga Dana Fink	7:00 pm AAA Al Leftwich	6:45pm Kickboxing Dave Krass		
8:00 pm Cardio Kick Lynn Sheik		8:00 pm Cardio Kick Lynn Sheik			



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Songer Family Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 pm Michelle Fitzpatrick	5:15am Christina Parker	7:30 pm Lynn Sheik	5:15am Christina Parker		8:15am Mo Avancini
7:30 pm Lynn Sheik	9:00am Mo Avancini		9:00am Mo Avancini		
	5:30 pm Rhonda Culicerto		5:30 pm Michelle Fitzpatrick		

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
12:15 pm Be fit with Brit Brittan Phillips	10:00am TRX and Weights Megan Clackler	12:15 pm Be fit with Brit Brittan Phillips	10:00am TRX and Weights Megan Clackler	12:15 pm Be fit with Brit Brittany Phillips	
5:30 pm Tone & Tighten Angie Hartsuch	6:00pm Cross Training Mark Miller		6:00pm Cross Training Mark Miller		

UPDATED: August 26, 2019

YMCA of Southern WV

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