



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## YMCA OF SOUTHERN WEST VIRGINIA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:30am</b> <b>Gentle Flow Yoga</b> Wendy Sullivan	<b>8:00 am</b> <b>HIIT the Weights</b> Linda Harsh	<b>7:30am</b> <b>Gentle Flow Yoga</b> Lydia Cox	<b>8:30 am</b> <b>Zumba Strong</b> Angie Hartsuch	<b>8:30am-10:00am</b> <b>Step Toning</b> April Chapman	<b>8:15am</b> <b>Strength Train Together</b> Instructors Alternate
<b>8:30am-10:00am</b> <b>Cardio Toning</b> Melanie Stevens	<b>9:30 am</b> <b>Combat Cardio</b> Jamie Jesse	<b>8:30am-10:00am</b> <b>Cardio Toning</b> April Chapman	<b>9:30am</b> <b>Combat Cardio</b> Jamie Jesse	<b>10:00am</b> <b>Zumba</b> Instructors Alternate	<b>10:00am</b> <b>Zumba</b> Instructors Alternate
<b>10:00am</b> <b>Zumba Toning/Strong</b> Amy & Angie	<b>10:30 am</b> <b>Strength Train Together</b> Della Workman	<b>10:00am</b> <b>Zumba</b> Amy Green	<b>10:30 am</b> <b>Strength Train Together</b> Amy Green	<b>4:45 pm</b> <b>Zumba Crew</b> Belinda & Carolyn	<b>11:00 am</b> <b>Zumba Strong</b> Angie Hartsuch
<b>4:45pm</b> <b>Zumba</b> Kelli Crigger	<b>4:30pm</b> <b>Strength Train Together</b> Amy Green	<b>4:30 pm</b> <b>Piyo</b> Lydia Cox	<b>5:45pm</b> <b>Zumba</b> Megan Rice	<b>6:00pm</b> <b>AAA</b> Al Leftwich	
<b>6:00pm</b> <b>AAA</b> Al Leftwich	<b>5:45pm</b> <b>Zumba</b> Natalie Carter	<b>5:30pm</b> <b>Zumba</b> Ashley Davis	<b>6:45pm</b> <b>Kickboxing</b> Dave Krass		
<b>7:00</b> <b>Yoga</b> Lydia Cox	<b>6:45pm</b> <b>Kickboxing</b> Dave Krass	<b>7:00 pm</b> <b>AAA</b> Al Leftwich			
<b>8:00pm</b> <b>Cardio Kick</b> Linn Sheik		<b>8:00pm</b> <b>Cardio Kick</b> Linn Sheik			

**JOIN RUN COACH MISSY FOR TRAIL RUN TUESDAYS AT THE SOCCER FIELD! MEET IN FIRST PARKING LOT AT 530!**

**COMBAT KIDZ SUNDAY IN THE GROUP EX ROOM! AGES 5-10 AT 3:00 PM, AGES 11 AND UP AT 4! COST IS \$5 MEMBERS, \$10 NON MEMBERS**

**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
<b>5:30 pm</b> Michelle Fitzpatrick	<b>5:15am</b> Christina Parker	<b>5:30 pm</b> Michelle Fitzpatrick	<b>5:15am</b> Christina Parker		<b>8:15am</b> Mo Avancini
<b>7:30pm</b> Linn Sheik	<b>9:00am</b> Mo Avancini	<b>7:30pm</b> Linn Sheik	<b>9:00am</b> Mo Avancini		
	<b>4:00 pm</b> Sandy Kelly		<b>4:00 pm</b> Sandy Kelly		
			<b>5:30 pm</b> Rhonda Culicerto		

### Aqua-Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00am</b> Mo Avancini	<b>7:30am</b> Loretta Wheeler	<b>9:00am</b> Mo Avancini	<b>7:30am</b> Loretta Wheeler	<b>9:00am</b> Mo Avancini Christina Parker	
	<b>9:00am</b> Megan Clackler		<b>9:00am</b> Megan Clackler		

### The Charlie Williamson Memorial Training Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12:15 pm</b> <b>Be fit with Brit</b> Brittan Phillips	<b>10:30am</b> <b>TRX and Weights</b> Megan Clackler		<b>10:30am</b> <b>TRX and Weights</b> Megan Clackler	<b>12:15 pm</b> <b>Be fit with Brit</b> Brittany Phillips	
<b>5:30 pm</b> <b>Tone &amp; Tighten</b> Angie Hartsuch	<b>5:00 pm</b> <b>Yoga</b> Jane Helsing		<b>6:00pm</b> <b>Cross Training</b> Mark Miller	<b>6:30 pm</b> <b>Pound</b> Holly Hill	
	<b>6:00pm</b> <b>Cross Training</b> Mark Miller				

**UPDATED:** February 1, 2019

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