



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

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

UPDATED July 18, 2018

YMCA of Southern WV

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Songer Family Cycling Studio

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

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

UPDATED: July 18, 2018

YMCA of Southern WV

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