



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	9:15 Zumba Strong Angie Hartsuch
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 Zumba Strong Angie Hartsuch	8:30am-10:00am Step Toning April Chapman	10:00am Zumba Instructors Alternate
10:00am Zumba Toning/Strong Amy Green	4:30pm Strength Train Together Amy Green	10:00am Zumba Amy Green	5:45pm Zumba Megan Rice	10:00am Zumba Amy Green	
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 Belinda & Carolyn	
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			
		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 May 1, 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	9:00 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	6:00pm Cross Training Mark Miller		10:00 am Kettlebells Sue Burton

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