



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	5:00 am Cardio Combat Jamie Jesse	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	6:00 am Zumba Tracie Sears	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 Combat Cardio Jamie Jesse	8:30am-10:00am Cardio Toning April Chapman	8:30 am Zumba Strong Angie Hartsuch	10:00am Zumba Instructors Alternate	10:00am Zumba Instructors Alternate
10:00am Zumba Toning/Strong Amy & Angie	10:30 am Strength Train Together Della Workman	10:00am Zumba Amy Green	9:30am Combat Cardio Jamie Jesse	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	10:30 am Strength Train Together Della Workman	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!

COMBAT KIDZ SUNDAY IN THE GROUP EX ROOM! AGES 5-10 AT 3:00 PM, AGES 11 AND UP AT 4!

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
5:30 pm Michelle Fitzpatrick	5:15am Christina Parker	5:30 pm Michelle Fitzpatrick	5:15am Christina Parker		8:15am Mo Avancini
7:45pm Linn Sheik	9:00am Mo Avancini	7:45pm Linn Sheik	9:00am Mo Avancini		
	4:00 pm Sandy Kelly		4:00 pm Sandy Kelly		
			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		10:30am TRX and Weights Megan Clackler		
	6:00pm Cross Training Mark Miller		6:00pm Cross Training Mark Miller		

UPDATED: November 6, 2018

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