



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 Yoga</b> Lydia Cox	<b>7:00 am Instructional kickboxing</b> Sue Burton	<b>7:30am Yoga</b> Lydia Cox	<b>7:00 am Instructional kickboxing</b> Sue Burton	<b>7:30am Yoga</b> Lydia Cox	<b>8:15am Les Mills Body Pump**</b> Instructors Alternate
<b>8:30am-10:00am Cardio Toning</b> Melanie Stevens	<b>9:30am Les Mills Body Combat</b> Wes Davis	<b>8:30am- 10:00am Cardio Toning</b> April Chapman	<b>8:30 am Piyo</b> Lydia Cox	<b>8:30am-10:00am Step Toning</b> April Chapman	<b>10:00am Zumba</b> Instructors Alternate
<b>10:00am Zumba Toning/Strong</b> Amy Howell	<b>4:30pm Les Mills Body Pump**</b> Amy Howell	<b>10:00am Zumba</b> Amy Howell	<b>9:30am Les Mills Body Combat</b> Wes Davis	<b>10:00am Zumba</b> Amy Howell	
<b>3:30pm Les Mills Body Pump**</b> Sandy Kelly	<b>5:45pm Zumba</b> Natalie Carter	<b>4:30 pm Piyo</b> Lydia Cox	<b>4:45pm REFIT</b> Jennifer Bledsoe	<b>5:00pm REFIT</b> Jennifer Bledsoe	
<b>4:45pm Zumba</b> Kelli Crigger	<b>6:45pm Kickboxing</b> Dave Krass	<b>5:30pm Zumba</b> Ashley Davis	<b>5:45pm Zumba</b> Megan Rice	<b>6:00pm AAA</b> Al Leftwich	
<b>6:00pm AAA</b> Al Leftwich		<b>7:00 pm AAA</b> Al Leftwich	<b>6:45pm Kickboxing</b> Dave Krass		
<b>8:30pm Cardio Kick</b> Linn Sheik		<b>8:30pm Cardio Kick</b> Linn Sheik			

\*\* In order to take Les Mills Body Pump, you must pick up a class reservation card at the front desk and turn it in to you're the class instructor before class begins. Class capacity is 17 participants.

**UPDATED** Oct 18, 2017

### Songer Family Cycling Studio

#### YMCA of Southern WV

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



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:30 am</b> Emily Wilkinson	<b>5:15am</b> Rhonda Culicerto	<b>6:00pm</b> Michelle Fitzpatrick	<b>5:15am</b> Rhonda Culicerto		<b>8:15am</b> Mo Avancini
<b>4:30pm</b> Sandy Kelly	<b>9:00am</b> Mo Avancini	<b>7:45pm</b> Linn Sheik	<b>9:00am</b> Mo Avancini		
<b>6:00pm</b> Michelle Fitzpatrick	<b>5:30pm</b> Sue Burton				
<b>7:45pm</b> Linn Sheik	<b>6:30pm</b> Sue Burton				

### 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>5:00pm</b> <b>TRX</b> Sue Burton	<b>10:30am</b> <b>TRX and Weights</b> Megan Clackler	<b>10:30 am</b> <b>Kettlebells</b> Sue Burton	<b>10:30am</b> <b>TRX and Weights</b> Megan Clackler	<b>5:00pm</b> <b>Kettle bells</b> Sue Burton	<b>9:00am</b> <b>TRX</b> Sue Burton
<b>6:00pm</b> <b>Tone &amp; Tighten</b> Angie Hartsuch	<b>6:00pm</b> <b>Cross Training</b> Mark Miller	<b>7:00pm</b> <b>AAA</b> Al Leftwich	<b>4:30 pm</b> <b>Piyo</b> Lydia Cox		<b>10:00 am</b> <b>Kettlebells</b> Sue Burton
			<b>6:00pm</b> <b>Cross Training</b> Mark Miller		

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