



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 | 10:30 am Strength Train Together Della Workman | 5:00 am Zumba Tracie Sears | 8:30 am Zumba Strong Angie Hartsuch | 5:00 am Zumba Tracie Sears | 10:00am Zumba Carolyn Turner |
| 8:30am-10:00am Cardio Toning Melanie Stevens | 4:30pm Strength Train Together Amy Green | 8:30am-10:00am Cardio Toning April Chapman | 9:30 am Strength Train Together Amy Green | 8:30am-10:00am Step Toning April Chapman | |
| 10:00am Zumba Toning/Strong Amy & Angie | 5:45pm Zumba Natalie Carter | 10:00am Zumba Amy Green | 5:45pm Zumba Instructors Alternate | 10:00am Zumba Instructors Alternate | |
| 4:45pm Zumba Kelli Crigger | 6:45pm Kickboxing Dave Krass | 4:30pm Strength Train Together Della Workman | 6:45pm Kickboxing Dave Krass | 4:45 pm Zumba Instructors Alternate | |
| 6:00pm AAA Al Leftwich | 7:45 pm Yoga Dana Fink | 5:30pm Zumba Ashley Davis | | 6:00pm AAA Al Leftwich | |
| 7:00 pm Yoga Jane Helsing | | 7:00 pm AAA Al Leftwich | | | |
| 8:00 pm Cardio Kick Lynn Sheik | | 8:00 pm Cardio Kick Lynn Sheik | | | |
| | | | | | |
| | | | | | |

UPDATED: February 10, 2020



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Songer Family Cycling Studio

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|------------------------------------|---------------------------------|------------------------------------|---------------------------------|------------------------------|
| 7:00 pm Lynn Sheik | 5:15am Christina Parker | 7:00 am April Chapman | 5:15am Christina Parker | 7:00 am April Chapman | 8:15am Mo Avancini |
| | 9:00am Mo Avancini | 7:00 pm Lynn Sheik | 9:00am Mo Avancini | | |
| | 5:45 pm Rhonda Culicerto | | 5:30 pm Lisa Shrewsberry | | |
| | | | | | |

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 | |
| | 9:00am Debbie Blankenship | | 9:00am Debbie Blankenship | | |

The Charlie Williamson Memorial Training Center

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|
| 5:45 am Brazilian Jiu-Jitsu George Oiler | 5:00 pm Pound Hollie Hill | 5:45 am Brazilian Jiu-Jitsu George Oiler | 5:45 am Brazilian Jiu-Jitsu George Oiler | 12:15 pm Be fit with Brit Brittany Phillips | 12:30 pm Brazilian Jiu-Jitsu George Oiler |
| 9:00 am Boot Camp Instructors Alternate | 6:00pm Cross Train Mark Miller | 9:00 am Boot Camp Instructors Alternate | 6:00pm Cross Train Mark Miller | | |
| 12:15 pm Be fit with Brit Brittany Phillips | 7:00 pm Brazilian Jiu-Jitsu George Oiler | 12:15 pm Be fit with Brit Brittany Phillips | | | |
| 5:30 pm Tone & Tighten Angie Hartsuch | | 7:30 pm Beginning Step Lynn Sheik | | | |
| 6:30 pm Brazilian Jiu-Jitsu George Oiler | | | | | |

YMCA of Southern WV

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