



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## YMCA OF SOUTHERN WEST VIRGINIA

Class size limited to 12. \*Class will be held in the Group Exercise Studio. All other classes will be held on the Basketball Court.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30-10:00AM</b> <b>Cardio Toning</b> Melanie Stevens	<b>10:30AM*</b> <b>Functional Fitness</b> Della Workman	<b>8:30-10:00AM</b> <b>Cardio Toning</b> April Chapman	<b>8:30AM*</b> <b>Strong Nation</b> Angie Hartsuch	<b>8:30-10:00AM</b> <b>Step Toning</b> April Chapman	<b>9:00AM*</b> <b>Strong Nation</b> Angie Hartsuch
<b>10:00am*</b> <b>Strong Nation</b> Angie Hartsuch	<b>4:30PM *</b> <b>Les Mills Body Pump</b> Amy Green	<b>10:00AM</b> <b>Zumba</b> Instructors Alternate	<b>4:30PM *</b> <b>Les Mills Body Pump</b> Lisa Shrewsberry	<b>4:45PM</b> <b>Zumba</b> Instructors Alternate	<b>10:00PM</b> <b>Zumba</b> Instructors Alternate
<b>4:45PM</b> <b>Zumba</b> Kelli Crigger	<b>6:00PM*</b> <b>Kickboxing</b> Dave Krass	<b>11:00AM*</b> <b>Bootcamp</b> Amy Green	<b>6:00PM*</b> <b>Kickboxing</b> Dave Krass	<b>6:00PM*</b> <b>AAA</b> Al Leftwich	
<b>6:00PM*</b> <b>AAA</b> Al Leftwich		<b>4:30PM</b> <b>Teen Zumba</b> Kristin Riffe			
		<b>5:30PM</b> <b>Zumba</b> Ashley Davis			
		<b>7:00PM*</b> <b>AAA</b> Al Leftwich			

## Songer Family Cycling Studio

Class size limited to 12.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>9:00am</b> Mo Avancini		<b>9:00am</b> Mo Avancini		<b>8:15am</b> Mo Avancini
	<b>5:45PM</b> Rhonda Culicerto		<b>5:30PM</b> Lisa Shrewsberry		

## Aqua-Aerobics Schedule

Class size limited to 20.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00am</b> Mo Avancini	<b>9:00am</b> Debbie Blankenship	<b>9:00am</b> Mo Avancini	<b>9:00am</b> Debbie Blankenship	<b>9:00am</b> Mo Avancini	