



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YMCA OF SOUTHERN WEST VIRGINIA

Class size limited to 15. *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
8:30-10:00AM Cardio Toning Melanie Stevens	10:15AM* Functional Fitness Della Workman	8:30-10:00AM Cardio Toning April Chapman	9:15AM* Strong Nation Angie Hartsuch	8:30-10:00AM Step Toning April Chapman	9:00AM* Strong Nation Angie Hartsuch
10:00am* Strong Nation Angie Hartsuch	4:30PM * Les Mills Body Pump Amy Green	10:00AM Zumba Instructors Alternate	10:15PM * Functional Fitness Della Workman	10:00AM Zumba Angie Hartsuch	10:00PM Zumba Carolyn Turner
4:45PM Zumba Kelli Crigger	6:00PM* Kickboxing Dave Krass	5:30PM Zumba Ashley Davis	4:30PM * Les Mills Body Pump Lisa Shrewsberry	4:45PM Zumba Instructors Alternate	
6:00PM* AAA Al Leftwich		7:00PM* AAA Al Leftwich	6:00PM* Kickboxing Dave Krass	6:00PM* AAA Al Leftwich	

Songer Family Cycling Studio

Class size limited to 15.

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

Aqua-Aerobics Schedule

Class size limited to 25.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Mo Avancini	9:00am Debbie Blankenship	9:00am Mo Avancini	9:00am Debbie Blankenship	9:00am Mo Avancini	