



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## YMCA OF SOUTHERN WEST VIRGINIA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30-10:00AM</b> <b>Cardio Toning</b> Melanie Stevens	<b>10:15AM</b> <b>Functional Fitness</b> Della Workman	<b>8:30-10:00AM</b> <b>Cardio Toning</b> April Chapman	<b>10:15PM</b> <b>Functional Fitness</b> Della Workman	<b>8:30-10:00AM</b> <b>Step Toning</b> April Chapman	
<b>10:00am</b> <b>Strong Nation</b> Angie Hartsuch		<b>10:00AM</b> <b>Zumba</b> Kristin Riffe		<b>10:00AM</b> <b>Zumba</b> Angie Hartsuch	<b>10:00AM</b> <b>Zumba</b> Carolyn Turner
<b>4:45PM</b> <b>Zumba</b> Kelli Crigger		<b>12:00PM</b> <b>Senior Strength</b> Ryan Gilkerson	<b>5:30PM</b> <b>Zumba</b>	<b>12:00PM</b> <b>Senior Strength</b> Ryan Gilkerson	
<b>6:00PM</b> <b>AAA</b> Al Leftwich	<b>6:30PM</b> <b>Kickboxing</b> Jay Milam	<b>7:00PM</b> <b>AAA</b> Al Leftwich	<b>6:30PM</b> <b>Kickboxing</b> Jay Milam	<b>6:00PM</b> <b>AAA</b> Al Leftwich	

### Songer Family Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>9:00am</b> Mo Avancini		<b>9:00am</b> Mo Avancini		<b>8:15am</b> Mo Avancini

### Aqua-Aerobics Schedule

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	