

D.A. TURNER YMCA

October, November, December 2017



Group Fitness Room One

Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 A.M.	Cynthia <small>CARD</small>		Cynthia <small>CARD</small>		Cynthia <small>CARD</small>	8:30 A.M. <small>CARD</small> (1 hour class 3rd Sat of each mth)	Bill 2:00 P.M. <small>CARD</small>
10:00	CARDIO30 Katie/Jillian <small>CARD</small> CORE30 Jillian	SH'BAM™ Andie <small>CARD</small>	CARDIO30 Michelle <small>CARD</small> CORE30 Michelle <small>CARD</small>	SH'BAM™ Lori <small>CARD</small>	YOGA Samira <small>CARD</small>	SH'BAM™ 9:30 A.M. <small>CARD</small>	YOGA (rotational) 3:00 P.M. <small>CARD</small>
5:15 P.M.	Dwayne <small>CARD</small>	CARDIO30 CORE30 Georgia <small>CARD</small>	Bill <small>CARD</small>	CARDIO30 CORE30 Annika <small>CARD</small>	Saturday Instructors are Rotational Any class that does not have the Family Friendly logo is for participants 15 + years of age.		
6:15	CARDIO30 CORE30 Annika <small>CARD</small>	Daniel <small>CARD</small>	SH'BAM™ Candice <small>CARD</small>	Annika <small>CARD</small> EXPRESS			
7:15	SH'BAM™ Abby <small>CARD</small>	<p>Card Logo: Retrieve card from front desk to attend class Cards are handed out 30 minutes prior to class Family Friendly Class: Open to ages 10 + Ages 10-14 must be accompanied by an adult</p>					

Group Fitness Room Two

Class descriptions on separate page

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10 A.M.		BODYPUMP Andrew <small>CARD</small>		BODYPUMP Rachel <small>CARD</small>		
9:00	SilverSneakers Circuit Sonya <small>CARD</small>	BODYPUMP Shannon/Jillian <small>CARD</small>	pilates Michelle <small>CARD</small>	BODYPUMP Sheryl <small>CARD</small>		BODYPUMP 8:30 A.M. <small>CARD</small>
10:10	SilverSneakers Circuit Sonya <small>CARD</small>	SilverSneakers Classic Sonya <small>CARD</small>	SilverSneakers Circuit Carmen <small>CARD</small>	SilverSneakers Classic Rita <small>CARD</small>	SilverSneakers Circuit Rita <small>CARD</small>	pilates 9:30 A.M. <small>CARD</small>
11:15	YOGA Ronni <small>CARD</small>		YOGA Kristi <small>CARD</small>			
5:30 P.M.	BODYPUMP Lara <small>CARD</small>	pilates Judy <small>CARD</small>	BODYPUMP Andrew <small>CARD</small>	pilates Judy <small>CARD</small>	BODYPUMP Cynthia <small>CARD</small>	
6:30	YOGA Ronni <small>CARD</small>	BODYPUMP Candice <small>CARD</small>	YOGA Samira <small>CARD</small>	BODYPUMP Mark <small>CARD</small>		

Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:45 A.M.	Aqua Fit Rita <small>CARD</small>		Aqua Fit Carmen <small>CARD</small>		Aqua Fit Carmen <small>CARD</small>



Classes with consistently low attendance may be removed from the schedule.

Revised 09/22/2017