



Summerville Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA - OCTOBER 2021 GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
5:05a	P90X Jill		P90X Jill		HIIT Sylke	8:00a	Bootcamp Suzanne	
6:00a		Spin - Spin Room Celestia			Spin - Spin Room Angela	9:30a	Werq Kristie	1:00p
7:30a	Step Jan				Step Jan			Spin - Spin Room Angela
8:00a	Water Aerobics Leslie	Total Body Shred Lucinda	HIIT Donna	Total Body Conditioning Danielle	Cycle Bootcamp Spin Room Danielle			
			Water Aerobics Leslie					
9:00a	Zumba Heidi		WERQ Debbie	Leg & Core Blast Sylke	Water Aerobics Jan			
					Barre Suzanne			
9:15a	Spin - Spin Room Lucinda							
	WERQ Sylke							
10:00a		Water Aerobics Jan	TRX Sylke	Water Aerobics Jan	TRX Kristie			
11:00a	Silver Sneakers Brae		Gentle Yoga Tracy		Pilates Ronna			
12:00p	Cycle Bootcamp Spin Room Danielle		Silver Sneakers Tracy	Zumba Gold Heidi	Chair Yoga Tracy			
1:00p		Cardio Gold Cathy		Cardio Gold Cathy				
5:00p				Step Kacie				
5:15p	Spin- Spin Room Amy		Spin -Spin Room Amy					
5:30p		Total Body Shred Suzie	Pilates Jan	Total Body Shred Nxt Lvl Suzie				
6:00p	Yoga Beth	Water Aerobics Jan		Water Aerobics Jan				
6:30p	Water Aerobics Jan	WERQ Kia	Water Aerobics Celeste	Yin Yoga April				