



Summerville YMCA @ The Ponds

**Group Fitness Schedule
November 2021**

GROUP FITNESS							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a							
8:00a	POWER STEP- Kacie	SPIN and Strength Tracy		SPIN and Strength Lucinda	Kick and Core- Kacie	SPIN-Jackie	
8:00a							
9:00a	SHRED Donna	Flow and Core- Kacie	Spin Bootcamp Lucinda	Flow and Core- Kacie	SHRED Lucinda	Total Body Strength-Kacie	
9:00a							
10:00a	WERQ-Kristie	ZUMBA Toning Heidi	ZUMBA Heidi	ZUMBA Toning- Brae			
10:00a	CYCLE-Tiffany				CYCLE-Tiffany		
10:15a						YOGA-Tracy	
11:00a	Gentle Yoga- Tracy						
12:00p		SILVER SNEAKERS Tracy		SILVER SNEAKERS Brae			
3:45p							
4:00p		TURBOKICK Stacy		POUND-Stacy	Location of classes subject to change per the instructor!		
5:00p			CYCLE-Tiffany	POWER STEP- Kacie			
5:30p							
6:00p		Total Body Strength-Kacie	YOGA-Tracy		Outdoor Yoga- Tracy		