



GROUP EXERCISE SCHEDULE SHELBY COUNTY YMCA

Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

Class schedules are subject to change without notice. Please stay up-to-date with us via Facebook & on the web at shelbycountnymca.org

MON	TUE	WED	THURS	FRI	SAT	SUN
CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm 4:30pm-7:30pm	CHILDWATCH HRS: 8:30am-12:30 pm	CHILDWATCH HRS: 9am-12pm	CHILDWATCH HRS: CLOSED
9-9:45am TABATA Hailey	9-9:55am PUMPED Hailey	9-9:55am Strength /Endurance Kelly	9-9:55am Strength /Endurance Hailey	8am-8:55am GENTLE YOGA Monica NEW	9:15-10:15am CYCLE Kati	2:30-3:25PM ZUMBA® Theresa
9:45-10:15am ABSOLUTE ABS Hailey	10:15-11:15am YOGA STRONG Sarah		10:15-11:10am ALL LEVELS YOGA Sarah	8:30am-9:15am ADVENTURE CYCLE Lorraine NEW	9:30-10:25am SHiNE® / ZUMBA® / DANCE FITNESS	
9-9:55am SILVERSNEAKERS® CLASSIC -Carolyn		9-9:55am SILVERSNEAKERS® CLASSIC -Carolyn		9-9:55am PUMPED Hailey/Kelly	10:30-11:30am YIN YOGA Angie	
10-10:55am SILVERSNEAKERS® CLASSIC -Carolyn	10-10:55am SILVERSNEAKERS® STABILITY -Brad	10-10:55am SILVERSNEAKERS® CLASSIC -Carolyn	10-10:55am SILVERSNEAKERS® STABILITY -Brad	9-9:55am SILVERSNEAKERS® CLASSIC -Carolyn		
11-11:55am SILVERSNEAKERS® CLASSIC -Carolyn	11-11:55am SILVERSNEAKERS® STABILITY -Brad	11-11:55am SILVERSNEAKERS® CLASSIC -Carolyn	11-11:55am SILVERSNEAKERS® STABILITY -Brad	10-10:55am SILVERSNEAKERS® CLASSIC -Carolyn		
		5:30-6:25pm Strength /Endurance Cade		11-11:55am SILVERSNEAKERS® CLASSIC -Carolyn		
5:30-6:15pm CYCLE David	5:15-6pm CYCLE Kati	5:30-6:15pm CYCLE Ken Sept. 14	5:30-6pm BEGINNER CYCLE David			
6:30-7:00pm CYCLE Ken Sept. 12	6:30-7:25PM SHiNE® Amy	6:30-7:25PM DANCE FITNESS Lori	6:30-7:25PM SHiNE® Chrissy			
6:30-7:25pm GENTLE YOGA Monica	7:30-8:30PM YIN YOGA Angie		7:30-8:30PM RESTORATIVE YOGA Angie			

CLASS COLOR CODE:

CARDIO	DANCE
STRENGTH	Active Older Adults
MIND /BODY	CYCLE