



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | AUGUST 2018

Schedule Updated: 7/27/18

## MORNING (AM)

**MONDAY**

**BODYPUMP®**  
6:00 - 6:55  
Danielle (A&B)

**EXERCISE LITE** ♥  
7:00 - 7:55  
Patty (A&B) **GS**

**GENTLE YOGA**  
8:00 - 8:55  
Michelle S. (C) **7+**

**STRONG BY ZUMBA**  
8:00 - 8:45  
Eileen (A&B)   
\*Last Class 9/3

**CARDIO BLAST**  
9:00 - 9:55  
Michelle S. (C)

**CYCLING** ◆  
9:00 - 9:50  
Bob (A&B)

**CARDIO/STRENGTH**  
10:00 - 10:55  
Michelle G (A&B)

**DANCE!**

**LINE DANCING**  
10:00 - 10:55  
Cappie (C) ♥

**FOREVER FIT / CHAIR YOGA** ♥  
11:00 - 11:55  
Valerie (A&B) **GS**

**BODYPUMP®** ◆  
12:00 - 1:00  
Steve (A&B)

**TUESDAY**

**CYCLING** ◆  
6:00 - 6:50  
Bob (A&B)

**BARRE/ WILLPOWER & GRACE**  
7:30 - 8:45  
Eliis (C)

**TRX CIRCUIT**  
8:15 - 8:55  
Staff (A&B)

**EXTREME FIT**  
9:00 - 9:55  
Michelle G (A&B)

**STEP** **A**  
9:00 - 9:55  
Cappie (C)

**STROLLER JAM**  
9:30 - 10:30  
Maggie (SHEPHERD YMCA FIREHOUSE)

**BALANCE** **GS** ♥  
10:00 - 10:25  
Sallie (C)

**STRENGTH**  
10:00 - 10:55  
Cappie (A&B)

**STRETCH** **GS** ♥  
10:30 - 10:55  
Sallie (C)

**FOAM ROLLER** **GS**  
11:00 - 11:45  
Valerie (C)

**DANCE! SPIRIT GROOVE**  
11:00 - 11:55  
Melissa (A&B)

**GENTLE YOGA**  
11:45 - 12:30  
Valerie (C)

**WEDNESDAY**

**CYCLE/STRENGTH**  
6:00 - 6:55  
Lesley (A&B)

**STRENGTH**  
6:00 - 6:55  
Jo (C)

**STRETCH/STRENGTH**  
7:00 - 7:55  
David (C)

**ZUMBA®** **7+**  
8:00 - 8:55  
Eileen (A&B)

**EXERCISE LITE** ♥  
9:00 - 9:50  
Claire (C) **GS**

**CYCLING** ◆  
9:00 - 9:55  
Lesley (A&B)

**GENTLE YOGA** **7+**  
10:00 - 10:55  
Christine (C)

**HIIT EXPRESS** **7+**  
10:00 - 10:25  
Tanya (A&B)

**CORE FIT** **7+**  
10:30 - 10:55  
Tanya (A&B)

**MEDITATION** **7+**  
11:00 - 11:45  
Christine (C)

**FOREVER FIT** ♥ **GS**  
11:00 - 11:55  
Tori (A&B)

**BODYPUMP®**   
12:00 - 12:55  
Staff (A&B)  
\*Last Class 8/29

**THURSDAY**

**CYCLING** ◆  
6:00 - 6:50  
Bob (A&B)

**EXERCISE LITE** ♥ **GS**  
7:00 - 7:55  
Patty (A&B)

**GENTLE YOGA** **7+**  
8:00 - 8:55  
Brittany (C)

**TRX / CIRCUIT**  
8:15 - 8:55  
Staff (A&B)

**DANCE! HAPPY FEET**  
9:00 - 9:55  
Staff (C)

**STRENGTH**  
9:00 - 9:55  
Michelle G (A&B)

**STROLLER JAM**  
9:30 - 10:30  
Maggie (FRONT ENT.)

**HIIT**  
10:00 - 10:55  
Cappie (A&B)

**PRESCHOOL YOGA** **GS**  
10:45am - 11:15am  
Maggie (C)  
Ages 0 to 5 w/Parent

**YOGA / EXPRESS**  
11:00 - 11:25  
Cappie (A&B)

**PILATES**  
11:30 - 12:30  
Jill (C)

**FRIDAY**

**BODYPUMP®**  
6:00 - 6:55  
Danielle (A&B)

**EXERCISE LITE** ♥ **GS**  
7:00 - 7:55  
Patty (A&B)

**PILATES**  
8:00 - 8:55  
David (C)

**CYCLING** ◆  
8:00 - 8:50  
Lesley (A&B)

**ZUMBA®** **7+**  
9:00 - 9:55  
Eileen (C)

**CORE FIT**  
9:00 - 9:25  
David (A&B)

**STRENGTH**  
9:30 - 9:55  
Michelle S. (A&B)

**HI LO CARDIO**  
10:00 - 10:55  
Michelle S. (A&B)

**FOREVER FIT** ♥ **GS**  
11:00 - 11:55  
Christine (A&B)

**SATURDAY**

**CYCLING** ◆  
7:15 - 8:10  
Bob (A&B)

**ZUMBA®** **7+** **NEW TIME**  
8:00 - 8:55  
Eileen (C)

**BODYPUMP®**  
8:30 - 9:25  
Kylee (A&B)

**STEP** **NEW TIME**  
9:00 - 9:55  
Joanna (C)

**EXTREME FIT** **7+**  
9:30 - 10:25  
Lesley (A&B)

**VINYASA YOGA** **NEW TIME**  
10:00 - 10:55  
Sylvia C. (C)

**ZUMBA®**  
10:30 - 11:25  
Ashley (A&B)

**YOGA SCULPT** **NEW TIME**   
11:00 - 11:55  
Jenna (C)  
\*Last Class 9/1

**CORE FIT**  
11:30 - 11:55  
Bryan (A&B)

**SUNDAY**

**TRX** ◆  
7:30 - 8:20  
Sam (A&B)

**YOGA** **7+**  
8:30 - 9:25  
Brittany (C)

**CYCLING** ◆  
8:30 - 9:25  
Sarah Q (A&B)

**HATHA YOGA**  
9:30 - 11:15  
David (C)

**BODYPUMP EXPRESS**   
9:45 - 10:45  
Megan (A&B)  
\*Last Class 8/26

**BODYCOMBAT**   
10:30 - 11:25  
Megan (A&B)  
\*Last Class 8/26

## LOCATIONS

- A - Studio A
- B - Studio B
- C - Marion So Studio
- D - Studio D
- A&B - Studio A and B
- GYM - Basketball Gym
- WC - Wellness Center

Group Ex Schedule



**\*Please arrive to class at scheduled time**

Schedule subject to change without prior notice

- BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.
- 7+** **FAMILY FRIENDLY** Members 7+ with parent can actively participate in this class.
- GS** **GETTING STARTED** A great place to begin or restart your exercise program.
- A** **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.
- ◆ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.
- ♥ **Y ACTIVE ADULTS** Activities designed for older adults.
- Summer SLAM:** Summer class running June 21 - September 2

# DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | AUGUST 2018

AFTERNOON (PM)

**MONDAY**

**BODYPUMP®** ♦  
 12:00 - 1:00  
 Steve (A&B)

**POWER YOGA** [A]  
 3:15 - 4:45  
 Melinda (C)

**STEP**  
 5:00 - 5:55  
 Joanna (C)

**BODYPUMP®** ♦  
 5:30 - 6:25  
 Felicia (A&B)

**BARRE**  
 6:00 - 6:55  
 Joanna (C)

**ZUMBA®** [7+]  
 6:35 - 7:30  
 Ashley (A&B)

**CORE FIT**  
 6:30 - 7:00  
 Bryce (WC)

**TUESDAY**

**TAI CHI/INTRO\*\*** ♥  
 1:00 - 1:55  
 Marla (A&B) [65]

**HIIT CIRCUIT**  
 5:00 - 5:55  
 Staff (C)

**CYCLING** ♦  
 5:00 - 5:50  
 Gayle (A&B)

**PILATES /  
 YOGA FUSION**  
 6:00 - 6:50  
 Staff (C)

**BODYCOMBAT**  
 6:00 - 6:55  
 Aaron (A&B)

**WEDNESDAY**

**BODYPUMP®** ♦  
 12:00 - 12:55  
 Staff (A&B)  
 \*Last Class 8/29

**POWER YOGA** [A]  
 3:30 - 5:00  
 Melinda (C)

**BODYPUMP®** ♦  
 5:30 - 6:25  
 Gayle (A&B)

**CORE FIT** [65]  
 6:30 - 7:00  
 Juan (WC)

**BARRE** [7+]  
 6:30 - 7:25  
 Jessica (C)

**POUND FIT®**  
 6:35 - 7:30  
 Eileen (A&B)

**THURSDAY**

**HIIT/TRX** ☀  
 5:00 - 5:55  
 Justin (A&B) [7+]

**CARDIO DANCE**  
 5:00 - 5:55  
 Joanna (D) ☀  
 \*Last Class 8/30

**EXTREME FIT/TRX**  
 6:00 - 6:45  
 Justin (A&B) [7+]

**YOGA** ☀  
 6:00 - 6:55  
 Christine (C)  
 \*Last Class 8/30

**CORE FIT**  
 6:30 - 7:00  
 Bryce (WC)

**RESTORATIVE YOGA**  
 7:00 - 8:30  
 Christine (C)

**FRIDAY**

**HATHA YOGA** [A]  
 12:00 - 1:15  
 Valerie Z. (C)

**MEDITATION** [7+]  
 12:15 - 1:00  
 Christine (A&B)

**POWER YOGA**  
 5:45 - 7:15  
 Melinda (C)

**SATURDAY**

**SUNDAY**



Try something **NEW** this summer!  
 We're offering new classes and  
 formats this summer from  
 June 21 - September 2.  
 Look for the sun on the schedule.

## TRY A SPECIALTY CLASS



### GLIDE

#### Monthly Sessions

Coached full body resistance workouts on a specialized machine that is capable of over 200 exercises. We offer three different formats to choose from: Glide Total Body, Glide Fusion, and Glide Circuit. Grab a brochure for more information.

30 & 60min. classes available

### SYNERGY

#### Mon-Fri 8:30am & 9:05am

Coached group circuit training on the Synergy 360. Learn dynamic new exercises that will help you increase strength, build cardiovascular endurance and increase your metabolic rate. Class size is limited to four people so you will get individualized attention.

4 weeks: \$28 • 5 weeks: \$35

### SPEED & AGILITY

#### Tues 5:00pm or Sat 12:00pm

Designed for athletes of all sports, ages and abilities. Led by a Certified Strength and Conditioning Specialist will focus on injury prevention, first step quickness, explosive power and improving top speed!

\$40 for 4 sessions

Group Ex Schedule



HOURS

#### FACILITY

**Monday - Thursday**  
 5:00am - 10:00pm

**Friday**  
 5:00am - 9:00pm

**Saturday/Sunday**  
 7:00am - 6:00pm

#### CHILD WATCH

**Monday - Thursday**  
 8:00am - 1:00pm • 3:00-7:30pm

**Friday**  
 8:00am - 1:00pm • 3:00-5:00pm

**Saturday/Sunday**  
 8:00am - 1:00pm

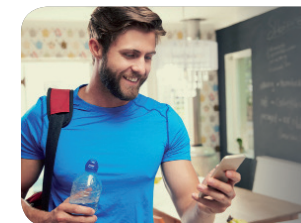
#### ADVENTURE CENTER

Ages 6-12  
 \*New summer hours through Aug. 24

**Monday - Thursday**  
 9:00am - 12:00pm | 4:00pm - 7:30pm

**Friday**  
 9:00am - 12:00pm

**Saturday**  
 8:00am - 11:00am



Text  
**LJGROUPEX**  
 to **84483**  
 to receive group  
 exercise changes and  
 monthly updates.