

# Wellness, Awareness & Hope: October Fitness Guide

| <u>MONDAY</u>                                                             | <u>TUESDAY</u>                                                      | <u>WEDNESDAY</u>                                                           | <u>THURSDAY</u>                                                     | <u>FRIDAY</u>                                                                                                              | <u>SATURDAY</u> |
|---------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Rise &amp; Shine Warrior</b><br>5:15-6:00am<br>Sarah Ashley (CR)       | <b>Rise &amp; Shine Warrior</b><br>5:15-6:00am<br>Sarah Ashley (MB) |                                                                            | <b>Rise &amp; Shine Warrior</b><br>5:15-6:00am<br>Sarah Ashley (MB) | <b>Rise &amp; Shine Warrior</b><br>5:15-6:00am<br>Sarah Ashley (AR)                                                        |                 |
| <b>Senior Strength Circuit</b><br>8:00-8:50am<br>Cheryl Kerr (CR)         | <b>Ycycle</b><br>8:00-9:00am<br>Allison Avis (MB)                   | <b>Senior Strength Circuit</b><br>8:00-8:50am<br>Cheryl Kerr (CR)          | <b>Cardio Elite</b><br>8:00-8:50am<br>Allison Avis (MB)             | <b>Senior Strength Circuit</b><br>8:00-8:50am<br>Cheryl Kerr (CR)                                                          |                 |
| <b>Combo Aerobics</b><br>9:00-10:00am<br>Carrie Johnson (AR)              | <b>Beginner Ycycle</b><br>9:15-10:15am<br>Allison Avis (MB)         | <b>Movement for Better Balance</b><br>9:00-10:00am<br>(DR)                 | <b>Gyrokinesis Mvmt. (YOGA)</b><br>9:00-10:00am<br>J. Rosella(DR)   | <b>Combo Aerobics</b><br>9:00-10:00am<br>Carrie Johnson (AR)                                                               |                 |
| <b>Body Contouring</b><br>(Women Only)<br>9:00-10:00am<br>Cheryl Kerr(MB) | <b>Movement for Better Balance</b><br>9:00-10:00am<br>(AR)          | <b>Combo Aerobics</b><br>9:00-10:00am<br>C. Johnson(AR)                    | <b>Movement for Better Balance</b><br>9:00-10:00am<br>(AR)          | <b>Body Contouring</b><br>(Women Only)<br>9:00-10:00AM<br>Cheryl Kerr (CR)                                                 |                 |
| <b>Movement for Better Balance</b><br>9:00-10:00am<br>(DR)                | <b>Gyrokinesis Mvmt. (YOGA)</b><br>9:00-10:00am<br>J. Rosella(DR)   | <b>Body Contouring</b><br>(Women Only)<br>9:00-10:00am<br>Cheryl Kerr (MB) | <b>Chair Aerobics</b><br>10:10-10:55am<br>Carrie Johnson(MB)        | <b>Line Dancing</b><br>10:30-11:30am<br>Delta Divas (MB)                                                                   |                 |
| <b>Chair Aerobics</b><br>10:10 - 10:55am<br>Carrie Johnson (MB)           | <b>Mah Jongg!</b><br>10:00am-12:00pm<br>(MB)                        | <b>Chair Aerobics</b><br>10:10-10:55am<br>Carrie Johnson (MB)              | Schedule is subject to change without notice                        |                                                                                                                            |                 |
| <b>Boot Up -Line Dancing</b><br>12:00-1:00pm<br>Jeri H. Satucci (AR)      | <b>Line Dancing</b><br>5:30-6:30pm<br>Delta Divas (MB)              | <b>Boot Up - Line Dancing</b><br>12:00-1:00pm<br>Jeri H. Santucci (AR)     | Classes are free to all Y members                                   |                                                                                                                            |                 |
| <b>Power Hour +</b><br>5:30-6:30pm<br>Stevie Atkins (MB)                  | <b>Zumba Burst</b><br>6:30-7:30pm<br>Cassandra Atley (AR)           | <b>Power Hour+</b><br>5:30-6:30pm<br>Stevie Atkins (MB)                    | <b>Zumba Burst</b><br>6:30-7:30pm<br>Cassandra Atley (AR)           | <b>Cost for Non-Members</b><br><b>\$5.00 per class</b>                                                                     |                 |
| <b>YMCA Step &amp; Groove</b><br>6:30-7:30pm<br>Nakia Murray (AR)         |                                                                     |                                                                            |                                                                     | Class Locations:<br>Circuit Room: CR<br>Multipurpose Bldg: MB<br>Aerobics Room: AR<br>Dance Room: DR<br>Basketball Gym: GM |                 |

