



# February 2019

## Group Fitness

### Petal Family YMCA

**SWEAT FEST**  
**2019**  
 SATURDAY FEB 9  
 @ 10:00AM

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	Cycling Ginny/Shirley	5:15 –6:00 HIIT Ann	Cycling Ginny/ Shirley	5:15 –6:00 HIIT Ann	Cycling Hope
7:30 AM	Ab Attack Janis	Kettlebell Ginny	Toning Express Lacey	Kettlebell Janis	Ab Attack Melissa
8:00 AM	ZUMBA Ann  Chair Aerobics Janis	PIYO Ginny	Step Ginny  Chair Aerobics Lacey	Intermediate Yoga Melissa  Weights 101 Janis	Cardio Kickboxing Catherine  Chair Aerobics Kateri
9:00 AM	Group Power Catherine  Cycling Ginny/Shirley	HIIT Lauren E  Glute Camp (30 min class) Amy	Toning Ann  Beginner Yoga Melissa	HIIT Janis  ZUMBA Kim/ Ann	Group Power Lauren E  Cycle Circuit Lindsey
10:00 AM	Fit and Fun Kateri		Fit and Fun Catherine		Fit and Fun Catherine
4:30 PM	Yoga Nelly  Cycle Circuit Lindsey/ Ginny	Not your Mama's Cardio Mix Heather	Toning Sarah	Tabata Kateri	<p><b>Kid Fit</b>  <b>Active and Fun</b>  <b>supervised play for</b>  <b>kids</b>  <b>5-12yrs old.</b></p> <p>Monday            Tuesday &amp; Thursday            5pm-7:30pm</p> <p><b>SWEAT FEST</b>  <b>2019</b>  <b>SATURDAY FEB 9</b>  <b>@ 10:00AM</b></p>
5:30 PM	HIIT Heather  Cycle Core Chris  ZUMBA Miranda	Group Power Amy  Cycling Hope		Group Power Amy  Cycle Circuit Hope	
6:15 PM		Ab Attack 6:15-6:45 Hope		Abs Express 6:15-6:30 Hope	
<b>Aquatics Classes</b>					
8:00 AM	Water Aerobics Kay	Aqua Dance Catherine	Water Aerobics Sondra	Aqua Kick Darcy	Water Aerobics Tiffany
9:00 AM	Therapeutic Water Kay		Therapeutic Water Sondra	6:00PM Aqua HIIT Miranda	Therapeutic Water Tiffany