



January 2019

Group Fitness

Petal Family YMCA



	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 Melissa
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 Catherine		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 Lauren B	<p>Kid Fit Active and Fun supervised play for kids 5-12yrs old.</p> <p>Monday Tuesday & Thursday 5pm-8pm</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	
Aquatics Classes					
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