



**Effective week of September 12th
FLOWOOD YMCA GROUP EXERCISE CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 5:00 am Mike	Bootcamp 5:00 am Joel	Pilates Reformer 5:45 am Rhonda	Bootcamp 5:00 am Bobby	Bootcamp 5:00 am Bobby	Kids Fitness Challenge 8:00 am	Hip Hop Cycle 2:00 pm Faith
Y Cycle 5:30 am Martha D.	Y Cycle 5:30 am Faith	Bootcamp 8:30 am Crystal	Y Cycle 5:30 am Faith	Y Cycle 5:45 am Rhonda	Y Cycle 8:30 am Meg	Yoga 3:00 pm
Pilates Reformer 6:15 am Faith	Mix It Up 9:00 am Martha	Zumba 9:00 am Laurie	Mix It Up 9:00 am Meg	Mix It Up 8:00 am Crystal	Bootcamp 9:00 am Crystal	Pilates Reformer 3:15 pm Faith
Mix It Up 8:00am Rita	Y Cycle 9:00 am Crystal	Reformer Fusion 9:00 am Christy	Y-Cycle 9:00 am Tomaz	Pilates Reformer 9:00 am Martha	Strength Train Together 9:00 am	
Bootcamp 8:30 am	Strength Train Together 10:00 am Kathia	Linedancing 10:00 am Ken	Pilates Reformer 9:00 am Crystal	Retro Hi/Lo 9:00 am Meg	Pilates Reformer 9:30 am Meg	
Reformer Fusion 9:00 am Martha	Pilates Reformer 10:00 am Martha	Silver Sneakers Classic 10:00 am Gwen	Strength Train Together 10:00 am Kathia	Pilates Reformer 10:00 am Meg	Zumba 10:00 am	
Mat Pilates 9:00 am Rita	Functional Yoga 11:00 am Heidi	Chair Yoga 11:00 am Debi	Pilates Reformer 10:00 am Meg	Silver Sneakers Cardio Circuit 10:00 am Martha	Pilates Reformer 11:00 am Christie	
Silver Sneakers Classic 10:00 am Gwen	Pilates Reformer 12:15 pm Martha	All Levels Flow 12:00 PM Julianne	Functional Yoga 11:00 am Heidi	Silver Sneakers Yoga Stretch 11:00 am Martha		
Linedancing Intro 10:00 am Ken GXR	Y Cycle 4:30 pm Tomaz	Pilates Reformer 4:00 pm Christie	Pilates Reformer 12:15 pm Martha	Pilates Reformer 12:15 pm Martha		
All Levels Flow 12:00 pm Julianne	Pilates Reformer 4:30 pm Faith	Intro to Bootcamp 5:00 pm Mike	Pilates Reformer 4:30 pm Christie	Kickboxing 4:45 pm Kate		
Pilates Reformer 12:15 pm Martha	Mash-Up 5:00 pm Heather	Bootcamp 5:15 pm Mike	Pumped Up Barre 4:45 pm Laurie			
Pilates Reformer 4:00 pm Meg	Intro to Bootcamp 5:00 pm Brian	Strength Train Together 5:30 pm Nancilyn	Y Cycle 5:15 pm Heather			
Kickboxing 4:45 pm Heather	Bootcamp Brian 5:15 pm	Y-Cycle 5:30 pm Kathia	Step Aerobics 5:30 pm Laurie			
Y Cycle 5:00 pm Meg	Pilates Reformer 5:30 pm Faith		Pilates Reformer 5:30 pm Faith			
Intro to Bootcamp 5:00 pm Mike	Yoga 6:00 pm Rita		Zumba 6:30 pm Karen			
Bootcamp 5:15 pm Mike						
Strength Train Together 5:30 pm Amy R.						
Pilates Reformer 5:30 pm Rhonda						
Zumba 6:30 pm Laurie						