












FONTAINE GILLS FAMILY YMCA

Group Fitness Schedule

 DAY 07-25-2019	CARDIO/STRENGTH	 SILVER SNEAKERS	 CLASSES VARY	 YOGA	 ZUMBA & DANCE
MON	Weight Express (Mary G.) 8:00-8:55 am	Stability (Cindy) 10-10:30 Classic (Kathy) 10:35-11:30 am Pickle Ball 12-2 pm 		*Lyengar Yoga (Lois) 6:30 pm - 7:30 pm 12 person limit in classroom #1	Zumba Gold (Mary G.) 9:00-9:55 am Zumba (Vicki) 6:00 pm - 7:00 pm
TUES	Pound (Chrissy) 9:30-10:30 am  Line Dancing (Lois) 6:30-7:30 pm	Classic (Leslie) 10:30-11:30 am Gym Silver Sneakers Yoga (Leslie) 11:30-12:30 pm Classroom #1	Body Pump (Nicole) 6:00 pm - 7:00 pm	*Yoga with a blessing (Barbara) Classroom #1 10:00-11:00 am *Abs Attack (Barbara) 11:00 am - 11:30 am Cl #1	Zumba (Marlo) 8:30am-9:30am Zumba Strong (Nicole) Classroom #1 7-8 pm
WED		Classic (Leslie) 10:30 am - 11:30 Stability (Cindy) 11:30-12pm Pickle Ball 12-2 12:00-2 pm (half Court till 12:30) 	Body Pump (Marlo) 8:30am-9:30am	*Lyengar Yoga (Lois) 6:30 pm - 7:30 pm 12 person limit in classroom #1	Zumba Basic (Marlo) 9:30-10:30 am Gym
THURS	Pound (Chrissy) 8:15 -9:00 am  Line Dancing (Lois) 6:30-7:30	Classic (Chrissy) 10:30-11:30 am Pickle Ball 12-2 pm 	Body Pump (Shalay/Nicole) 7:00pm-8:00pm	*Abs Attack (Barbara) 10:00 - 10:30 am Cl #1 *Yoga with a blessing (Barbara) 10:30-11:30 am	Zumba (Rachel) 9:15 am - 10:15 am Zumba (Vicki) 6:00 pm - 7:00 pm
FRI	Hip Hop Dance (Mary G) 7:45-8:30 am Starts Aug. 2nd Freestyle Friday (Marlo) 8:30 am - 9:30 am PoundTaylor 5:30-6:15 pm 	Circuit (Leslie) 9:30am-10:30am Classic (Kathy) 10:35 - 11:30 am			Zumba Strong (Nicole) 9:30-10:30 am Zumba Gold (Mary) 11:35-12:45 pm
SAT			Body Pump (Nicole) 7:30-8:30 am		