

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15 am Spinning Center	SPINNING® Larry	SPINNING® Kenny	SPINNING® Larry	SPINNING® Sandra	SPINNING® Stacey (5:30-6:30)	
6:00 – 7:00 am Group Ex Room		BodyPUMP Demetrius		BodyPUMP Tarae		
6:15-7:00 am Yoga/Pilates Rm		Pilates Felicia	Yoga Kelly C	Pilates Felicia		YogaFlow Dan 8:30-9:30
7:45-8:45 am Pool	Water Aerobics Stephanie		Water Aerobics Stephanie		AquaZumba! Anne-Marie	
8:30-9:25 am Group Ex Room						BodyPUMP Sue / Rod
9:30-10:15 am Yoga/Pilates Rm		SilverSneakers® Mary Anne		SilverSneakers® Felicia		
9:45 – 10:30 Spinning Center						SPINNING® Gabe / Kenny
10:30-11:30 am Pool	Water Aerobics Rod		AQUA ZUMBA! Anne-Marie		Aqua FUNK Rod	
11:00-12:10 Yoga/Pilates Rm	Hot Yoga Kelly H		Hot Yoga Lelia			
11:05– 12:05 pm Group Ex Room	BodySTEP Amanda	Zumba! Anne-Marie	BodyAttack Robyn	Zumba! Harmony	BodyAttack Robyn	
11:10– 12:10 Yoga/Pilates Rm		Yoga Lelia		Yoga Stephanie		
11:30 – 12:30 2 nd floor	Express Circuit Shelly		Express Circuit Amanda			
12:00 – 1:10 Yoga/Pilates Rm					Hot Yoga Lelia	
12:05-12:50 pm Spinning Center	SPINNING® Gabe	SPINNING® Kelly H	SPINNING® Stephen	SPINNING® Stephen	SPINNING® Robin	
12:10 –1:10 pm Group Ex Room	BodyPUMP Donna	BodySTEP Donna	BodyPUMP Robin	Y CROSS Amanda	BodyPUMP Robyn	
12:15-1:00 pm Yoga/Pilates Rm	Pilates Felicia	BodyFLOW Felicia	Pilates Robyn	BodyFLOW Allison		
5:25-6:25 pm Group Ex Room	BodyAttack Tarae	Zumba! Ashita	Y CROSS CARDIO Allison	BodySTEP Sue	Step Plus Russell 5:30 – 6:30	
5:30-6:15 pm Spinning Center	SPINNING® Russell	SPINNING® Toni	SPINNING® Gabe	SPINNING® Kay		
5:30-6:30 pm Yoga/Pilates Rm	Pilates Felicia	Hot Yoga Dan 5:45 – 7:15	Pilates Toni	Hot Yoga Dan/Kelly C. 5:45 – 7:15	Y CROSS Amanda Gymnasium	
5:30-6:30 pm Pool	Water Aerobics Katrina		Water Aerobics Katrina			
6:30-7:30 pm Group Ex Room	BodyPUMP Russell	BodySTEP Amanda	BodyPUMP Sue	BodyJAM Felicia		

Contact Amanda Reid with questions or comments 801-7232 or areid@ymcabham.org

Check out our website! www.ymcabham.org