

# Hickory Foundation YMCA

May 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>Instructors:</b>                      Krista Allen                      Paula Barnette                      Deana Coble                      Stephanie Foster                      Rebecca Gammon                      Lee Gibbs                      Tammy Hefner                      Crystal Krom                      Kat Price                      Sharon Rashidi                      Heather Rounds                      Pam Saine                      Marcel Ulloa                      Kim Vollinger                      Jody West                      Michelle Williams                      Liz Yerby</p> <p><b>Facility Hours:</b>                      Mon.-Thurs.:                      5:00 am-9:00 pm                      Fri.:                      5:00 am-8:00 pm                      Sat.:                      8:00 am-5:00 pm                      Sun:                      1:00 pm-5:00 pm</p> <p>PHONE: 324-2858                      FAX: 324-0717  <a href="http://www.ymcacv.org">www.ymcacv.org</a></p> <p><b>MISSION STATEMENT:</b>                      To put Christian principles                      into practice through programs                      that build healthy spirit, mind                      and body for all.</p>						<b>Xtreme Cycle</b> (Various) 8:45 am- 10:00 am	
	<b>STEP-N-TONE</b> (Sharon) 8:30 am- 9:30 am		<b>CARDIO TONE</b> (Lee) 8:30 am- 9:30 am			<b>ZUMBA</b> (Sharon) 8:30 am- 9:30 am	<b>STEP</b> (Various) 9:00 am- 10:15 am
		<i>Spin it Out</i> (Rebecca) 9:00 am- 10:00 am			<b>Body Sculpt</b> (Rebecca) 9:00 am- 10:00 am	<i>Cycle/Tone Mix</i> (Lee) 9:00 am- 10:30 am	<b>Punch</b> (Various) 10:15 am- 11:00 am
	<i>Cycle Express</i> (Krista) 12:10 pm- 12:50 pm	<i>Tone Express</i> (Heather) 12:10 pm- 12:50 pm	<b>ZUMBA</b> (Heather) 12:10 pm- 12:50 pm	<b>Abs</b> (Marcel) 12:10 pm- 12:50 pm			
	<b>Hip Hop ABS</b> (Paula) 5:30 pm- 6:00 pm	<b>STEP LEVEL 2</b> (Michelle) 5:30 pm-6:30 pm	<b>ZUMBA</b> (Kat) 5:15 pm- 6:00 pm	<b>CIRCUIT/ INTERVAL</b> (Pam/Michelle) 5:30 pm-6:30 pm			
	<b>STEP</b> (Jody) 6:00 pm- 6:50 pm	<b>Xtreme Cycle</b> (Pam) 5:45 pm - 6:45 pm	<b>Xtreme Cycle</b> (Kim) 5:45 pm - 6:45 pm	<b>Cycle Circuit</b> (Stephanie/Pam) 5:45 pm- 7:00 pm			
	<b>ZUMBA</b> (Kat) 7:00 pm- 7:45 pm	<b>Punch</b> (Various) 6:30 pm- 7:15 pm	<b>Hip Hop Hustle</b> (Various) 6:15pm-6:45pm	<b>ZUMBA</b> (Heather) 6:30 pm- 7:15 pm			
		<b>Triple "B"</b> (Pam) 7:15 pm- 8:05 pm	<b>ABS</b> (Marcel) 7:00 pm- 8:00 pm	<b>Turbo Kick</b> (Jody) 7:30 pm- 8:30 pm * Only on 8 <sup>th</sup> , 22 <sup>nd</sup> *			

No Monday classes  
on May 26<sup>th</sup>.  
Happy Memorial  
Day!