

EFFECTIVE DATE 4/28**GROUP EXERCISE SCHEDULE (SUMMER)**

MONDAY			
5:00 AM	Boot Camp	Nikki	Studio A
6:00 AM	Boot Camp	Nikki	Studio A
7:45 AM	Fit & Strong	Kathleen	St. Aloysius
8:45 AM	Silver Sneakers	Nikki	St. Aloysius
9:00 AM	HIIT	Kathleen	Studio A
9:00 AM	Yoga Mixed Levels	Karen	First Pres
10:00 AM	Power Cuts	Kathleen	Studio A
9:45 AM	Senior Yoga	Brandon	St. Aloysius
10:00 AM	Shallow Water Exercise	Greg	Indoor Pool
5:30 PM	Cardio Punch	Jody	Studio A
6:00 PM	Cycle	Kathleen	Cycle Studio
6:15 PM	Zumba	Alex	Studio A

TUESDAY			
5:15 AM	Cycle	Leah	Cycle Studio
6:00 AM	TRX	Kate/Nikki	Studio A
7:45 AM	Fit & Strong	Kathleen	St. Aloysius
8:45 AM	Gentle Fit & Strong	Nikki	St. Aloysius
9:00 AM	Cardio Punch	Toni	Studio A
9:00 AM	Cycle	Kathleen	Cycle Studio
9:45 AM	Zumba Gold	Tawny	St. Aloysius
10:00 AM	Deep Water Jog	Toni	Indoor Pool
10:00 AM	Core Strength	Kathleen	Studio A
5:30 PM	Power Circuit	Jody	Studio A
5:30 PM	Cycle	Molly	Cycle Studio
5:30 PM	Yoga Mixed Levels	Cynthia	First Pres
6:00 PM	Shallow Water Exercise	Rick	Indoor Pool
6:30 PM	Xtreme Step	Maria	Studio A

WEDNESDAY			
5:00 AM	Boot Camp	Nikki	Studio A
6:00 AM	Boot Camp	Nikki	Studio A
7:45 AM	Fit & Strong	Kathleen	St. Aloysius
8:45 AM	Silver Sneakers	Nikki	St. Aloysius
9:00 AM	Cardio Strength Interval	Kathleen	Studio A
9:00 AM	Yoga Mixed Levels	Jay	First Pres
10:00 AM	Power Cuts	Kathleen	Studio A
9:45 AM	Silver Sneakers	Nikki	St. Aloysius
10:00 AM	Aqua Blast	Greg	Indoor Pool
11:00 AM	Making Moves for Parkinson's	Toni	Studio A
12:00 PM	Cycle Express	Tammy	Cycle Studio
6:00 PM	Zumba	Mandy	Teen Center
6:00 PM	TRX	Alex	Studio A

All classes run 45 minutes except Yoga & Water Aerobics

First Presbyterian Church Downtown Hky

Senior Classes @ St. Aloysius Hwy 127 Hky

Please see Y360 for any class changes

THURSDAY			
5:15 AM	Cycle	Tammy	Cycle Studio
6:00 AM	TRX	Kate/Kathleen	Studio A
7:45 AM	Fit & Strong	Kathleen	St. Aloysius
8:45 AM	Senior Yoga	Libby	St. Aloysius
9:00 AM	Power Cuts	Kathleen	Studio A
10:30 AM	Yoga Mixed Levels	Libby	First Pres
10:00 AM	Aqua Zumba	Tawny	Indoor Pool
10:00 AM	Cardio Punch	Leila	Studio A
11:00 AM	Functional Boxing	Leila	Studio A
5:30 PM	Power Cuts	Jody	Studio A
5:30 PM	Yoga Mixed Levels	Libby/Nicole	First Pres
5:30 PM	Cycle	Nikki	Cycle Studio
6:00 PM	Shallow Water Exercise	Rick	Indoor Pool

FRIDAY			
5:00 AM	Boot Camp	Nikki	Studio A
6:00 AM	Boot Camp	Nikki	Studio A
7:45 AM	Fit & Strong	Jessica	St. Aloysius
8:45 AM	Silver Sneakers	Nikki	St. Aloysius
9:00 AM	Cardio Dance	Toni	Studio A
9:00 AM	Cycle	Kathleen	Cycle Studio
10:00 AM	Shallow Water Exercise	Renee	Indoor Pool
9:45 AM	Silver Sneakers	Nikki	St. Aloysius
10:00 AM	All About Bands	Kathleen	Studio A
11:30 AM	Ashtanga Yoga	Jay	First Pres

SATURDAY			
8:15 AM	Cycle	Rotation	Cycle Studio
9:00 AM	Power Cuts	Jody	Studio A
10:00 AM	Zumba	Alex	Studio A
10:00 AM	Yoga Mixed Levels	Cynthia	First Pres
11:30 AM	Yoga Mixed Levels	Cynthia	First Pres

Hickory Foundation YMCA Branch Hours

Mon -Thurs 5:00am - 9:00pm

Friday 5:00am - 8:00pm

Saturday 8:00am - 5:00pm

Sunday 1:00pm - 5:00pm

Inquiries:

Tammyh@ymcacv.org

