

JANUARY
GROUP EXERCISE SCHEDULE

MONDAY			
5:00 AM	Boot Camp	Nikki	Sycamore
6:00 AM	Boot Camp	Nikki	Sycamore
8:00 AM	Fit & Strong	Kathleen	Dogwood
8:00 AM	Cycle	Molly	Oak
9:00 AM	Silver Sneakers	Nikki	Dogwood
9:00 AM	HIIT	Kathleen	Sycamore
9:00 AM	Yoga Mixed Levels	Jay	Magnolia
10:00 AM	Power Cuts	Kathleen	Sycamore
10:00 AM	Senior Yoga	Molly	Dogwood
10:00 AM	Shallow Water Exercise	Greg	Indoor Pool
5:30 PM	Cardio Punch	Jody	Sycamore
5:30 PM	UPBeat Barre	Betsy	Magnolia
6:00 PM	Cycle	Kim	Oak
6:00 PM	Zumba	Alex	Dogwood

TUESDAY			
5:15 AM	Cycle	Tammy	Oak
6:00 AM	TRX	Kate/Kathleen	Dogwood
8:00 AM	Power Cuts	Jessica	Sycamore
8:00 AM	Fit & Strong	Kathleen	Dogwood
9:00 AM	Gentle Fit & Strong	Nikki	Dogwood
9:00 AM	Cardio Punch	Toni	Sycamore
9:00 AM	Aqua Zumba	Tawny	Indoor Pool
9:00 AM	Cycle	Kathleen	Oak
10:00 AM	Zumba Gold	Tawny	Dogwood
10:00 AM	Deep Water Jog	Toni	Indoor Pool
10:00 AM	Core Strength	Kathleen	Sycamore
10:00 AM	Stretch & Flow	Molly	Magnolia
5:30 PM	Power Circuit	Jody	Sycamore
5:30 PM	Yoga Mixed Levels	Cynthia	Magnolia
6:00 PM	Cycle	Kim	Oak
6:00 PM	Shallow Water Exercise	Sharon	Indoor Pool

WEDNESDAY			
5:00 AM	Boot Camp	Nikki	Sycamore
6:00 AM	Boot Camp	Nikki	Sycamore
8:00 AM	Fit & Strong	Jessica	Dogwood
8:00 AM	Cycle	Kathleen	Oak
9:00 AM	Silver Sneakers	Nikki	Dogwood
9:00 AM	Cardio Strength Interval	Kathleen	Sycamore
9:00 AM	Yoga Mixed Levels	Jay	Magnolia
10:00 AM	Power Cuts	Kathleen	Sycamore
10:00 AM	Silver Sneakers	Nikki	Dogwood
10:00 AM	Aqua Blast	Greg	Indoor Pool
11:00 AM	Making Moves for Parkinson's	Toni	Dogwood
12:00 PM	Cycle Express	Tammy	Oak
4:30 PM	20/20/20	Stacy	Sycamore
6:00 PM	Zumba	Mandy	Sycamore
6:00 PM	TRX	Alex	Dogwood

THURSDAY			
5:15 AM	Cycle	Stacy	Oak
6:00 AM	TRX	Kate/Kathleen	Dogwood
8:00 AM	Fit & Strong	Kathleen	Dogwood
9:00 AM	Senior Yoga	Libby	Dogwood
9:00 AM	Power Cuts	Kathleen	Sycamore
10:00 AM	Cardio Punch	Nikki	Dogwood
11:00 AM	Functional Boxing	Nikki	Dogwood
10:00 AM	Aqua Zumba	Tawny	Indoor Pool
10:00 AM	Barre	Libby	Magnolia
11:00 AM	Yoga Mixed Levels	Libby	Magnolia
12:15 PM	Barre Express	Libby	Magnolia
5:30 PM	Power Cuts	Jody	Sycamore
5:30 PM	Yoga Mixed Levels	Libby/Nicole	Magnolia
5:30 PM	Cycle	Jessica	Oak
6:00 PM	Shallow Water Exercise	Sharon	Indoor Pool

FRIDAY			
5:00 AM	Boot Camp	Nikki	Sycamore
6:00 AM	Boot Camp	Nikki	Sycamore
8:00 AM	Fit & Strong	Kathleen	Dogwood
8:00 AM	Barre	Libby	Magnolia
9:00 AM	Silver Sneakers	Nikki	Dogwood
9:00 AM	Cardio Dance	Toni	Sycamore
9:00 AM	Cycle	Kathleen	Oak
9:00 AM	Yoga	Libby	Magnolia
10:00 AM	Shallow Water Exercise	Renee	Indoor Pool
10:00 AM	Silver Sneakers	Nikki	Dogwood
10:00 AM	All About Bands	Kathleen	Sycamore

SATURDAY			
8:15 AM	Cycle	Rotation	Oak
9:00 AM	Power Cuts	Jody	Sycamore
9:15 AM	Cycle	Rotation	Oak
10:00 AM	Zumba	Alex	Dogwood
10:00 AM	Yoga Mixed Levels	Cynthia	Magnolia
11:30 AM	Yoga Mixed Levels	Cynthia	Magnolia

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:

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Please see YMCA360 for any class changes


 Apple
YMCA360

 Google
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New & Class Time Changes/Highlighted

* All classes except Seniors & Water RESERVATION ONLY YMCA360

Class descriptions on Y360