



Fitton Family YMCA
Group Exercise Programs - Land
FALL II

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CS = Cycling Studio GE= Group Exercise Room S&S Stretch & Sculpt							
Monday				Thursday			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
8:30am-9:15am	Stretch-n-Flex	GE	Judy	5:05am-5:50am	Cycle	CS	Amy
9:30am-10:45am	Step-N-Sculpt	GE	Staci	8:15am-9:00am	Beginner Yoga	GE	Shirley
4:30pm-5:15 pm	Muscle Mix	GE	Angie	9:30am- 10:30am	Strength Train	GE	Ashley
5:20pm-5:50pm	Step	GE	Angie	10:00am-10:45am	Fit For Life	S&S	Shirley
5:15pm-5:45pm	Cycle	CS	Ashley	10:30am-11:25am	Dance Fusion	GE	Marcia
6:00pm-6:45pm	Bootcamp	S&S	Ashley	6:00pm-7:00pm	Strength Train	GE	Chris
6:00pm-7:00 pm	Pump	GE	Kathy	6:30pm-7:30pm	Cycle	CS	Kim
7:1pm5-8:15 pm	Step-n-Sculpt	GE	Pam	7:00pm-8:00pm	Cardio Dance	GE	Kathy
Tuesday				7:30 pm-8:30pm	Yoga	Jungle	Alena
Time	Class	Location	Instructor	Friday			
5:05am-5:50am	Cycle	CS	Amy	Time	Class	Location	Instructor
7:15am-7:45am	Core Strength & abs	GE	Marcia	6:00am - 6:45am	Cycling	CS	Cynamon
8:15am-9:00am	Beginner Yoga	GE	Shirley	9:00am-10:00am	cycle	CS	Kim
9:00am-10:00am	Cycle	CS	Kim	9:30am-10:30am	Step-N-Sculpt	GE	Staci
9:30am-10:30am	Total Body Conditioning	GE	Gen	10:45am-11:45am	Yoga	GE	Alena
9:30am-10:15am	Fit For Life	S&S	Shirley	Saturday			
5:00pm-6:00pm	Zumba	GE	Adam	8:00am-8:45am	Studio Cycle	CS	Amy
6:30pm-7:30pm	Cycling	CS	Ashley	9:00am-10:00am	Strength Train	GE	Chris
6:10pm-7:10pm	Strength Train	GE	Chris	10:15am-11:15am	Zumba	GE	Chris
Wednesday				<p>Monday - Thursday: 5:00 am-10:00 pm</p> <p>Friday: 5:00 am-8:00 pm</p> <p>Saturday: 7:00 am-6:00 pm</p> <p>Sunday: 1:00-5:00 pm</p> <p style="text-align: center;">Classes are subject to change</p>			
Time	Class	Location	Instructor				
8:30am-9:15am	Stretch-n-Flex	GE	Judy				
9:30am-10:30am	Step-N-Sculpt	GE	Staci				
4:30pm-5:15pm	Muscle Mix	GE	Angie				
5:20pm-5:50pm	Step	GE	Angie				
6:00pm-7:00pm	Pump	GE	Kathy				
7:15pm-8:15pm	Step-n-Sculpt	GE	Pam				

FULL NAME:	DOB:	PHONE:
		EMAIL: