



Fitton Family YMCA
Group Exercise Programs - Land
Winter

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CS = Cycling Studio				GE= Group Exercise Room				GYM = Gymnasium				SS= Stretch & Scuptl Room			
Monday				Thursday											
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
6:00-6:45 am	Studio Cycle	CS	Cynamon	5:05-5:50am	Studio Cycle	CS	Amy	8:15-9:00am	Beginner Yoga	GE	Shirley	9:30a-10:30a	Strength Train	GE	Ashley
8:30-9:15am	Stretch-n-Flex	GE	Judy	10:00-10:45 am	Fit For Life	ss	Shirley	10:35-11:35am	Dance Fusion	GE	Marcia	6:30-7:30pm	Cycling	GE	Kim
9:30-10:30am	Step-N-Sculpt	GE	Staci	6:00-7:00 pm	Pump	GE	Kathy	7:00-8:00pm	Cardio Dance	GE	Kathy				
4:30-5:15 pm	Muscle Mix	GE	Angie	7:15-8:15 pm	Step-n-Sculpt	GE	Pam								
5:20-5:50pm	Step	GE	Angie												
Tuesday				Friday											
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
5:05-5:50am	Studio Cycle	CS	Amy	6:00 - 6:45am	Cycling	CS	Cynamon	9:00-10:00am	Cycle	CS	Kim				
7:15-7:45am	Core Strength	GE	Marcia	9:30-10:30am	Step-N-Sculpt	GE	Staci	10:45-11:45am	Yoga	GE	Alena				
8:15-9:00 am	Beginner Yoga	GE	Shirley												
9:00-10:00am	Cycle	CS	Kim												
10:00-10:45 am	Fit For Life	ss	Shirley												
5:00-6:00pm	Zumba	GYM	Adam												
6:30-7:30pm	Cycling	CS	Ashley												
6:00-7:00pm	Strength Train	GE	Chris												
7:30PM-8:30PM	yoga	GE	Jennifer												
Wednesday				Saturday											
Time	Class	Location	Instructor	*90 Minute Studio Cycle				1st & 3rd Saturday of Month							
8:30-9:15 am	Stretch-n-Flex	GE	Judy	8:00-8:45 am	Studio Cycle	CS	Amy								
9:30-10:30am	Step-N-Sculpt	GE	Staci	9:00-10:00am	Strength Train	GE	Chris								
4:30-5:15 pm	Muscle Mix	GE	Angie	10:15-11:15am	Zumba	GE	Chris								
5:20-5:50pm	Step	GE	Angie												
6:00-7:00pm	Pump	GE	Kathy												
7:15-8:15pm	Step-n-Sculpt	GE	Pam												

Facility Hours

Monday - Thursday: 5:00 am-10:00 pm

Friday: 5:00 am-8:00 pm

Saturday: 7:00 am-6:00 pm

Sunday: 1:00-5:00 pm

Classes are subject to change

FULL NAME:	DOB:
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*Registration not available for Strength Train

PHONE:
EMAIL: