



Fitton Family YMCA
Group Exercise Programs - Land
Fall II

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Monday				Thursday			
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
8:30-9:15am	Stretch-n-Flex	GE	Judy	8:15-9:00am	Beginner Yoga	GE	Shirley
9:30-10:30am	Step-N-Sculpt	GE	Staci	9:30a-10:30a	Strength Train	GE	Ashley
4:30-5:15 pm	Muscle Mix	GE	Angie	10:00-10:45 am	Fit For Life	ss	Shirley
5:20-5:50pm	Step	GE	Angie	10:30-11:30am	Dance Fusion	GE	Marcia
6:00-7:00 pm	Pump	GE	Kathy	11:30-12:15pm	Pilates	GE	Helen
7:15-8:15 pm	Step-n-Sculpt	GE	Pam	4:30-5:15pm	Pilates	GE	Helen
Tuesday				6:30-7:30pm	cycling	GE	Kim
Time	Class	Location	Instructor	7:00-8:00pm	Cardio Dance	GE	Kathy
5:05-5:50am	Studio Cycle	CS	Amy	Friday			
7:30-8:00am	core strength	GE	Marcia	Time	Class	Location	Instructor
8:15-9:00 am	Beginner Yoga	GE	Shirley	6:00 - 6:45am	Cycling	CS	Cynamon
9:00-10:00am	cycle	CS	Kim	9:00-10:00am	cycle	CS	Kim
10:00-10:45 am	Fit For Life	ss	Shirley	9:30-10:30am	Step-N-Sculpt	GE	Staci
5:00-6:00pm	Zumba	GYM	Adam	10:45-11:45am	Yoga	GE	Alena
6:30-7:30pm	Cycling	CS	Ashley	Saturday			
6:00-7:00pm	Strength Train	GE	Chris	*90 Minute Studio Cycle		1st & 3rd Saturday of Month	
7:30PM-8:30PM	yoga	GE	Jennifer	8:00-8:45 am	Studio Cycle	CS	Amy
Wednesday				9:00-10:00am	Strength Train	GE	Chris
Time	Class	Location	Instructor	10:15-11:15am	Zumba	GE	Chris
8:30-9:15 am	Stretch-n-Flex	GE	Judy	Facility Hours			
9:30-10:30am	Step-N-Sculpt	GE	Staci	Monday - Thursday: 5:00 am-10:00 pm			
4:30-5:15 pm	Muscle Mix	GE	Angie	Friday: 5:00 am-8:00 pm			
5:20-5:50pm	Step	GE	Angie	Saturday: 7:00 am-6:00 pm			
6:00-7:00pm	Pump	GE	Kathy	Sunday: 1:00-5:00 pm			
7:15-8:15pm	Step-n-Sculpt	GE	Pam	Classes are subject to change			

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

PHONE:
EMAIL: