

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

“Group Fitness” Class Schedule

Gaston County Central Branch

<u>Monday</u>			<u>Thursday</u>		
5:45- 6:45am	BODYPUMP®	Jenifer	5:45-6:45am	H.E.A.T	Huston
8:15-9:00am	Cardio Cycling	Donna/Jennie	8:15-9:00am	Get on the Ball	Jennie
9:00-9:30am	Pilates & Abs <i>(Stretch Area)</i>	Tammy	9:00-10:00am	Yoga	Janet
9:00-10:00am	BODYPUMP®	Donna	9:00-9:45am	Cardio Cycling	Renee
10:30-11:30am	SilverSneakers® I Muscular Strength	Julie	10:30-11:30am	SilverSneakers® I Muscular Strength	Hannah
12:15-1:00pm	Cardio Cycling	Holly	12:00-1:00pm	BODYSTEP®	Lucinda
4:30-5:30pm	Interval Training	Beth	4:30-5:30pm	BODYSTEP®	JJ
5:30-6:15pm	Basic Step	Huston	5:30-6:30pm	Muscle Endurance Training	Beth
6:00-6:30pm	Pilates & Abs <i>(Stretch Area)</i>	Jennie	6:30-7:15pm	Cardio Cycling	Gwen
6:30-7:30pm	BODYPUMP®	JJ	<u>Friday</u>		
6:30-7:15pm	Cardio Cycling	Lisa	5:45-6:45am	Spin-n-Crunch	Jenifer
	<u>Tuesday</u>		8:15-9:00am	Cardio Cycling	Mark/Tammy
5:45-6:45am	H.E.A.T	Huston	9:00-10:00am	BODYPUMP®	JJ
8:15-9:00am	Get on the Ball <i>(Stretch Area)</i>	Tammy	10:30-11:00am	Fitastic Kids	Rose
9:00-9:45am	Cardio Cycling	Revonda	12:00-1:00pm	BODYPUMP®	Dora
9:00-10:00am	Yoga	Renee	6:00-7:00pm	Step It Up	Jason
10:30-11:30am	SilverSneakers® Cardio Circuit	Gwen/Tammy			
12:00-1:00pm	BODYSTEP®	Lucinda	<u>Saturday</u>		
4:30-5:30pm	BODYSTEP®	Dora	8:00-9:00am	Cardio Kickboxing	Mark
5:30-6:30pm	Muscle Endurance Training	Beth	9:00-10:00am	BODYPUMP®	Natalie
	<u>Wednesday</u>		10:15-11:15am	BODYSTEP®	Dora
5:45-6:45am	BODYPUMP®	Lisa	<p>YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.</p> <p>Karate & Belly Dancing Classes Available for a small fee</p>		
8:15-9:00am	Cardio Cycling	Tammy			
8:15-9:00am	BODYSTEP®	Renee			
9:00-9:30am	Awesome Abs	Tammy			
9:00-10:00am	BODYPUMP®	Renee			
12:00-1:00pm	BODYPUMP®	Shirley			
5:30-6:30pm	BODYSTEP®	Renee			
6:00-6:30pm	Awesome Abs	Hannah			
6:30-7:30pm	BODYPUMP®	Jennie			

Chorus & Praise Dance: Free to Members and Non-Members

Updated 1-28-07

