

# March SCHEDULE GROUP FITNESS

We build strong kids, strong families, strong communities.

CENTRAL BRANCH  
FAMILY YMCA  
615 W. Franklin Blvd., 28052  
[www.gastonymca.org](http://www.gastonymca.org) 704/865-8551

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	<b>BODYPUMP®</b> Dione	<b>H.E.A.T.</b> Beth		<b>Instructor's Choice</b> Meredith			
8:15 AM		<b>On the Ball</b> Angela	8:10 <b>BODYSTEP®</b> Tara	<b>Kickbox</b> Gwen		8:00 <b>Kickbox</b> Mark	
9-9:30 AM	<b>30 min Abs</b> Beth				<b>30 min Abs</b> Gwen		
9:00 AM	<b>ZUMBA®</b> Kelly	<b>PiYo</b> Tara	<b>BODYPUMP®</b> Richard	<b>Yoga</b> Linda	<b>BODYPUMP®</b> JJ	<b>BODYPUMP®</b> Natalie	
10:00 AM	10:15 <b>Fit for Life (Srs)</b> Mindy			10:15 <b>Zumba Gold</b> Mindy		<b>BODYSTEP®</b> Dora	
11:00 AM							
12:00 PM	<b>BODYPUMP®</b> Gwen	<b>BODYSTEP®</b> JJ	<b>BODYPUMP®</b> Tonya	<b>Cardio Challenge</b> Trish	<b>BODYPUMP®</b> Dora		
3:30 PM	<b>Fit Kids (Gr 1-5)</b> Rose			<b>Fit Kids (Gr 1-5)</b> Rose			
4:30 PM	<b>BODYPUMP®</b> Tammy/James	<b>BODYSTEP®</b> Chris/Barry		<b>BODYSTEP®</b> JJ			
5:30 PM	<b>Basic Step</b> Tammy/Richard	<b>Muscle Endurance</b> Trish	<b>ZUMBA®</b> Natalie	<b>Fitness Fusion</b> Deborah			
6:30 PM	<b>BODYPUMP®</b> Barry		<b>BODYPUMP®</b> Natalie	<b>PiYo</b> Tonya/Tara			

## CARDIO CYCLING CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM			Dione				
8-8:15 AM							
8:15 AM	Beth		Dione/Beth		Gwen		
9:00 AM		Renee		Tammy L.			
12:15 AM	Holly						
6:15 PM			Meredith				

*Class descriptions are on the back of this page.*