

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

SOUTH GASTON FAMILY YMCA

3210 Union Rd. Gastonia, NC 28056
www.gastonymca.org (704) 865-2193

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	BODY PUMP Jen K/Tricia	Low Impact Aerobics	Yogachilates Susan L	Interval Aerobics Colleen	Pilates Colleen	
8:00am	8:07 Fitness Fusion Renee	Yoga Jean	8:07 Cardio and Core Jennifer	Yoga Jean	8:07 BODYSTEP Sara	
9:00am	BODY STEP Meg	BODY STEP Susan B.	BODYPUMP Susan B.	BODY STEP Dora	BODYPUMP Rene	Zumba 2nd and 4th, Saturday Challenge 1st and 3rd, 9:00
10:00am	BODYPUMP Richard	ZUMBA Susan M/Jen P	10:15 Musictime for Tots! Scottie	ZUMBA Susan M/Jen P	10:15 Musictime for Tots! Scottie	
11:00am	SENIORCISE 11:15 Dione	Fit For Life I Korena	Fit For Life II Heather	Fit For Life I Dana		Beginner 101 10:30 1st Zumba 2nd BODYPUMP 3rd BODYSTEP 4th Cardio core
3:30pm		Kids Move II Keith		Kids Move II Keith		SUNDAY 1:30 BODYPUMP Barry
4:30pm	Fitness Fusion Deborah	PiYo Deborah	Fitness Fusion Deborah	Yogachilates Kelly		
5:30pm	BODYPUMP Susan L	ZUMBA Taffy	BODYPUMP Dora	ZUMBA Taffy	BODYPUMP Jen K/Tricia	
6:30pm	Aerobidance Susan M.	BODYPUMP Tricia	Aerobidance Michelle H.	Boot Camp Robin 6:45		

AQUATIC CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	Aqua Fit Sheila		Aqua Fit		Aqua Fit	
9:00am	Aqua Fit Susan Martin	Aqua Fit Sheila	Aqua Fit Sheila		Aqua Fit Susan M	Aqua Fit Ginger
10:00am	Aqua Lo Jane		Aqua Lo Sharon		Aqua Lo Sharon/Jane	
5:30pm	Aqua Fit Ginger		Aqua Fit Susan M.			
6:00pm		Aqua Fit Kelly		Aqua Fit Kelly		

CYCLING CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am		Spin Cycling Susan L		Spin Cycling Korena	Spin Cycling Korena	Spin Cycling 9AM Meredith
	Spin Cycling Korena 9AM	Spin Cycling 5:30pm				Spin Cycling 10 AM Lee
6:30pm	Spin Cycling Tricia	Spin Cycling Lee	Spin Cycling Patsy	Spin Cycling Robin Q		

YMCA HOURS	Childwatch Hours	Kids Zone Hours
Mon. - Thurs.	4:30am - 10:00pm	Monday-Friday 8:00am - 12:00pm
Friday	4:30am - 8:30pm	Monday-Thursday 4:00pm - 8:00pm
Saturday	8:00am - 4:30pm	Friday 5:00pm - 7:00pm
Sunday	1:00pm - 4:30pm	Saturday 9:00am - 12:00pm
		Mon, Tues, Thurs 4:30-6:30 pm
		Pool Hours
		M-Th 6:30am-9:00 pm or half hour before YMCA