



Pharr Family YMCA  
704.824.1131

# Group Exercise Schedule

## Winter 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am	Step (Sara)	Yoga (Allison)		Cardio, Core, & Calisthenics (Michelle)		
9:30-10:30am			Cardio, Core, & Calisthenics (Susan)			
10:15-11:15am					Toning, Abs & Stretch (Michelle)	
12:10-12:50pm	Pharr Fitness Fusion			Pharr Fitness Fusion		
2:15-3:00pm	Pharr Fitness Fusion			Pharr Fitness Fusion		
5:00-6:00pm		Zumba (Mary)		Zumba (Mary)		
5:15-6:00pm	Cardio, Core, & Calisthenics (Michelle)					
6:00-7:00pm	Yoga (Allison)	Pi-Yo (Deborah)		Yoga (Allison)		

Class format and instructors subject to change

### Facility Hours

Mon – Thurs 7:00 am – 9:00 pm  
 Fri 7:00 am – 7:00 pm  
 Sat 8:00 am – 5:00 pm  
 Sun 1:30 pm – 4:30 pm

### Child Watch Hours

Mon - Sat 9:00 am - 12:00 pm  
 Mon & Thurs 12:00pm - 1:00pm  
 Mon-Thurs 3:30pm - 7:00pm