



# GROUP EXERCISE & FITNESS CLASSES (\$)

## CENTRAL LINCOLN COUNTY YMCA

### DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-5:45am KETTLEBELLS w/ Mary		5:00-5:45am KETTLEBELLS w/ Mary		5:00-5:45am KETTLEBELLS w/ Mary	
6:00-6:45am TOTAL BODY CHALLENGE w/ Becky	6:00-7:00am SLOW FLOW w/ Mary	6:00-6:45am TOTAL BODY CHALLENGE w/ Becky	6:00-7:00am SLOW FLOW w/ Mary		
7:00-8:00am HATHA YOGA w/ Oliver		7:00-8:00am HATHA YOGA w/ Oliver		7:00-8:00am HATHA YOGA w/Carol	
8:00-9:00am HATHA YOGA w/ Oliver	8:00-9:00am PILATES w/ Cynthia	8:00-9:00am HATHA YOGA w/ Oliver	8:00-9:00am PILATES w/ Cynthia	8:00-9:00am HATHA YOGA w/Carol	8:00-8:45am CYCLING w/ Kristie
8:00-9:00am LIVING FIT w/ Robin Gymnasium		8:00-9:00am LIVING FIT w/ Robin Gymnasium		8:00-9:00am LIVING FIT w/ Robin Gymnasium	9:00-10:00am TOTAL BODY CHALLENGE w/ Becky
9:15-10:00am STRENGTH & CORE w/ Oliver	9:15-10:15am CYCLING w/ Cynthia	9:15-10:00am STRENGTH & CORE w/ Oliver	9:15-10:15am CYCLING w/ Cynthia		
10:15-11:00am CYCLING & CORE w/ Casey	10:30-11:30am STRENGTH TRAINING w/ Cynthia		10:30-11:30am STRENGTH TRAINING w/ Cynthia	10:15-11:00am STRENGTH & CORE w/ Cynthia	10:00-10:30am INTRO TO BOXING w/ Teresa (\$)
10:30-11:30am ENHANCE FITNESS w/ Robin (\$)	10:30-11:30am WALK WITH EASE (\$) Track	10:30-11:30am ENHANCE FITNESS w/ Robin (\$)	10:30-11:30am WALK WITH EASE (\$) Track	10:30-11:30am ENHANCE FITNESS w/ Robin (\$)	10:00-11:00am ZUMBA w/ Ejaye
	11:00-11:45am BOXING & STRENGTH w/ Robin (\$)	11:00-11:45am BOXING & STRENGTH w/ Robin (\$)		11:00-11:45am BOXING & STRENGTH w/ Robin (\$)	11:00-11:45am ZUMBA KIDS w/ Ejaye
PM CLASSES					
4:45-5:45pm PiYo w/ Tanya	12:00-1:00pm CARDIO TENNIS w/ Melissa	5:00-5:45pm BOXING & STRENGTH w/ Teresa (\$)	4:15-5:00pm CYCLING w/ Sarah	5:00-6:00pm HATHA YOGA w/ Oliver	
	4:15-5:00pm CYCLING w/ Sarah	5:00-6:00pm HATHA YOGA w/ Oliver	5:15-6:00pm LOW IMPACT WORKOUT w/ Sarah		
5:00-5:45pm BOXING & STRENGTH w/ Teresa (\$)	5:15-5:45pm LOW IMPACT WORKOUT w/ Sarah	5:30-6:30pm CARDIO TENNIS w/ Georgia	5:00-6:00pm TABATA STRENGTH w/ Melissa Boxing Studio		
	5:45-6:45pm TOTAL BODY CHALLENGE w/ Hannah	6:00-7:00pm POWER FLOW w/ Oliver	6:00-7:00pm ZUMBA w/ Ejaye 4th Court		
					
<b>CLASSES ARE FREE FOR MEMBERS</b> <b>NM &amp; NATIONWIDE MEMBERS:</b> <b>\$10/class</b>			<b>****NO GROUP EXERCISE CLASSES***</b> <b>MON, DEC 23rd - WED, JAN 1st</b>		