

# Campbell County YMCA

## SEPTEMBER Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:25 <b>Cardio/Muscle</b> Stacey	8:15 – 8:55 <b>Muscle Pump</b> Debbie	8:30 – 9:25 <b>Cardio/Muscle</b> Stacey	8:15 – 8:55 <b>Muscle Pump</b> Debbie	8:30 – 9:25 <b>Cardio/Muscle</b> Stacey	7:00 – 8:00 <b>Cardio/Muscle</b> Barbara
9:35 – 10:30 <b>Muscle Pump</b> Paige	9:05 – 10:00 <b>Pilate's</b> Gayla	9:35 – 10:30 <b>Muscle Pump</b> Paige	9:05 – 10:00 <b>Pilate's</b> Gayla	9:35 – 10:30 <b>Muscle Pump</b> Teri	8:30 – 9:30 <b>Muscle Pump</b>
10:30 – 11:30 <b>Silver Sneakers</b> Paige	10:00 – 11:00 <b>Yoga</b> Tamara	10:30 – 11:30 <b>Silver Sneakers</b> Paige	10:00 – 11:00 <b>Yoga</b> Tamara	10:30 – 11:30 <b>Silver Sneakers</b> Tamara	9:30 – 10:30 <b>Zumba</b> Rachel
1:00 – 2:00 <b>Body Recall</b> Will return 9/3		1:00 – 2:00 <b>Body Recall</b> Will return 9/3		1:00 – 2:00 <b>Body Recall</b> Will return 9/3	
		4:30 – 5:30 Children's Irish Step Dancing			
5:30 – 6:30 <b>Pilate's</b> Stephanie	6:00 – 7:00 <b>Step</b> Barbara	5:30 – 6:30 <b>Pilate's</b> Stephanie	6:00 – 7:00 <b>Step</b> Barbara		
6:30 – 7:30 <b>Yoga</b> Stephanie		6:30 – 7:30 <b>Yoga</b> Stephanie	7:00 – 8:00 <b>Zumba</b> Rachel		
7:30 – 8:30 <b>Kick Boxing</b> Kathy		7:30 – 8:30 <b>Kick Boxing</b> Kathy			

# Group Cycling Schedule

6:00 am <b>Annie</b>	6:00 am <b>John</b>	6:00 am <b>Heather</b>	6:00 am <b>Heather</b>	
8:30 am <b>Nick</b>		8:30 am <b>Nick</b>	8:30 am <b>Nick</b>	10:00 am <b>Rotates</b>
Noon <b>Eric</b>	Noon <b>Beth</b>		Noon <b>Beth</b>	
6:35 pm <b>Mike</b>	6:00 pm <b>Sharon</b>	6:00 – 7:00 pm 7:00 – 8:00 pm 6:00 – 8:00 pm <b>John</b>	6:00 pm <b>Sharon</b>	