

# FEBRUARY

# FITNESS CLASSES

# SUMMERVILLE FAMILY YMCA

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | Sunday   |
|---|--|---|---|---|---|--|
| 5:15 - 6:00 BODY ATTACK<br>ALL LEVELS TRACY RM.1                          |  | 5:15 - 6:00 BODY ATTACK<br>ALL LEVELS TRACY RM. 1                           |   | 5:15 - 6:00 YOGA<br>ALL LEVELS TRACY RM. 1  |   |  |
|   |  |   |   | 7:30-8:50 INTERVAL<br>LEVEL 2/3 JAN RM. 1   | <b>***FITASTIC KIDS***</b><br>8:15-9:00 ALL LEVELS<br>AGES 5-12 JAN   |  |
| 8:00-9:30 STEP/SCULPT<br>LEVELS 2/3 JAN RM. 1                             | 8:25-9:25 FLOW YOGA<br>LEVEL 2/3 MARLENE C. RM. 2        | 8:00-9:30 CARDIO SURPRISE<br>LEVELS 2/3 JAN RM. 1                           | 8:25-9:25 FLOW YOGA<br>LEVEL 2/3 MARLENE C. RM. 2           | 9:00-9:30 CARDIO BOSU<br>ADVANCED SUZANNE RM. 1                                       | 8:00 - 9:00 CHISEL<br>ALL LEVELS SHERRY RM. 1   |  |
|   | 8:15-9:15 CHISEL<br>LEVELS 2/3 SUZANNE RM. 1             |   | 8:15-9:15 CHISEL<br>LEVELS 2/3 ADRIANE RM.1                 | 9:00-10:00 DANCE EXERCISE<br>ALL LEVELS CAROL RM. 2                                   | 9:00 - 10:00<br>Room 1  | <b>2:30-3:30</b><br>YOGA<br>ALL LEVELS<br>TRACY OR TINA                    |
| 9:00-10:00 DANCE EXERCISE<br>ALL LEVELS CAROL RM. 2                       | 9:30-10:30 ZUMBA<br>ALL LEVELS NICOLE RM. 1              | 9:00-10:00 DANCE EXERCISE<br>ALL LEVELS CAROL RM. 2                         | 9:30-10:30 ZUMBA<br>ALL LEVELS SYLKE RM. 1                  |   | 2/6 MARLENE ZUMBA<br>2/13 NICOLE DOUBLE STEP<br>2/20 ROBIN STEP<br>2/27 SUZANNE INTERVAL  |  |
| 9:30-10:45 CARDIO/CHISEL<br>ALL LEVELS SUZIE RM. 1                        | 9:30 - 10:30 CARDIO CORE<br>ALL LEVELS ROBIN RM. 2       | 10:00-11:00 PILATES FUN<br>ALL LEVELS PAM RM. 1                             | 9:30 - 10:30 STEP BY DESIGN<br>LEVELS 2/3 NICOLE RM. 2      | 9:30 - 10:30 ZUMBA<br>ALL LEVELS NICOLE RM. 1   |   |  |
| 10:00-11:00 PILATES<br>ALL LEVELS PAM RM.2                                | 10:30 - 11:00 FULL BODY SCULPT<br>ALL LEVELS ROBIN RM. 2 |   | 10:35 - 11:05 FULL BODY<br>ALL LEVELS NICOLE RM. 2          | 10:00-11:00 PILATES<br>ALL LEVELS CAROL RM.2  |   |  |
| 11:15 - 12:00 SILVERSNEAKERS<br>LEVEL 1 MARLENE RM. 2                     | 10:45 - 11:00 ABS CLASS<br>ALL LEVELS SUZANNE RM. 1      | 10:00-11:00 ZUMBA GOLD<br>ALL LEVELS CAROL W. RM.2                          | 10:45 - 11:00 ABS CLASS<br>ALL LEVELS SYLKE RM.1            | 10:30 - 11:00 FULL BODY SCULPT<br>ALL LEVELS MARLENE RM. 1                            | 10:15 - 11:15<br>HIP-HOP<br>AGES 8 & UP<br>TREA RM. 2   | <b>SALSA CLASS</b><br><b>2PM - 4PM</b><br><b>ROOM 2</b><br><b>FEE \$12</b> |
| 11:00-12:00 39 & HOLDING<br>LEVEL 1 SUZIE RM. 1                           | 11:15 - 12:15<br>YOGA LEVEL 1&2<br>TRACY / JESS RM.1     | 11:00-12:00 39 & HOLDING<br>LEVEL 1 RONNA RM.1                              | 11:15 - 12:15<br>ALL ABOUT YOGA LEVEL 1<br>TINA/TRACY RM. 1 | 11:00-12:00 39 & HOLDING<br>LEVEL 1 CAROL/SUZIE RM. 1                                 |   |  |
|   | 11:15 - 12:15 LAND ARTHRITIS<br>ALL LEVELS CAROL RM. 2   | 11:00 - 12:00 GENTLE YOGA<br>LEVEL 1/2 MARLENE C. RM. 2                     | 11:15 - 12:15 LAND ARTHRITIS<br>ALL LEVELS CAROL RM. 2      | 11:15 - 12:00 GENTLE YOGA<br>LEVEL 1/2 MARLENE C. RM. 2                               |   |  |
|   |  | 12:15 - 1:00 SILVERSNEAKERS<br>LEVEL 1 CAROL RM. 2                          |   |   | <b>CPR</b><br><b>FEBRUARY 6TH 9 - 1</b><br><b>FEBRUARY 27TH 9 - 1</b>   |  |
| <b>**FITASTIC KIDS**</b><br>4:00-4:45 ALL LEVELS<br>AGES 5-10 ROBIN RM. 1 |  | <b>**FITASTIC KIDS**</b><br>4:00-4:45 ALL LEVELS<br>AGES 5 - 10 ROBIN RM. 1 |   |   |   |  |
|   |  |   |   |   | <b>YGROUP EXERCISE</b><br>We build strong kids, strong families, strong communities.  |  |
| 4:30-5:30 STEP BY DESIGN<br>LEVEL 3 NICOLE RM. 2                          | 4:30-5:00 WAIST UP<br>ALL LEVELS DONNA RM. 1             | 5:00 - 6:00 BOOT CAMP<br>LEVELS 2/3 MARIANNE RM.1                           | 4:30-5:45 INTERVAL<br>LEVEL 2 DONNA RM.1                    | 4:30-5:45 MEMBER CHOICE<br>ALL LEVEL LORI RM.1  |   |  |
|   | 5:05 - 5:35 WAIST DOWN<br>ALL LEVELS DONNA RM.1          |   |   |   |   |  |
| 5:00 - 6:00 ZUMBA<br>ALL LEVELS MARLENE C. RM.1                           | 5:15-5:55 ATHLETIC CARDIO<br>LEVEL 2/3 LORI RM.2         | 5:00 - 5:55 PILATES<br>ALL LEVELS JAN RM. 2                                 | 5:15-5:55 CARDIO CONDITIONING<br>LEVEL 2/3 MARIANNE RM.2    |   |   |  |
| 5:35-6:00 ALL LEGS<br>ALL LEVELS SYLKE/KAREN RM.2                         |  |   |   | 5:30-6:30 YOGA<br>LEVEL 1 RM.2<br>TINA/TRACY  |   |  |
| 6:05 - 6:30 ALL CORE<br>SYLKE/KAREN RM. 2                                 | 6:00-7:00 CHISEL<br>LEVEL 2/3 LORI/ NICOLE RM. 1         | 6:00 - 6:45 CARDIO CORE<br>ALL LEVELS SUZANNE RM. 2                         | 6:00-7:00 CHISEL<br>LEVELS 2/3 BARBARA RM.1                 |   |   |  |
| 6:00-6:55 PILATES<br>LEVEL 2/3 CAROL RM.1                                 | 6:15-7:25 YOGA<br>ALL LEVELS MARLENE G. RM. 2            | 6:05 - 7:00 ZUMBA<br>ALL LEVELS BRANDI RM. 1                                | 6:15-7:30 YOGA & REFLECTION<br>LEVEL 2/3 MARLENE RM.2       |   |   |  |
| 6:35 INT TO TURBO KICK<br>LEVEL 1 KENDALL RM.2                            |  |   |   |   |   |  |
| 7:00-8:00 TURBO KICK<br>ALL LEVELS KENDALL RM. 1                          | 7:05-8:05 ZUMBA<br>LEVEL 1/2 TREA/MARLENE RM. 1          | 7:05 - 8:00 KICKBOXING<br>ALL LEVELS BARBARA RM. 1                          | 7:05-8:05 ZUMBA & SCULPT<br>ALL LEVELS BARBARA RM. 1        | 6:00 - 7:00<br>ZUMBA<br>ALL LEVELS SYLKE RM. 1<br><b>Family Zumba 2/12 &amp; 2/26</b> |   |  |
| 7:00 - 8:00 HIP-HOP<br>AGES 18 & UP<br>MIKE RM. 2                         | 7:30 - 8:15 STEP 'N' STYLE<br>ALL LEVELS NICOLE RM.2     |   |   |   |   |  |
|   |  |   |   |   | <i>The Summerville Family YMCA mission is to be<br/>a community cornerstone that puts Christian<br/>principals into practice through programs<br/>that build healthy spirit, mind, and body for all</i> |  |
|   |  |   |   |   | 843-871-9622 x105 Nicole  | REVISED 1/22/2010  |