

# APRIL

# FITNESS CLASSES

Summerville Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
5:15 - 6:00 POWER PUMP ALL LEVELS TRACY RM.1		5:15 - 6:00 POWER PUMP ALL LEVELS TRACY RM.1		5:15 - 6:00 CARDIO ALL LEVELS BARBARA	<b>***FITASTIC KIDS***</b>	
				7:30-8:50 INTERVAL/SCULPT LEVEL 2/3 JAN RM. 1		
8:00-9:30 STEP/SCULPT LEVELS 2/3 JAN RM. 1	8:25-9:15 YOGA FLOW LEVEL 2/3 MARLENE C. RM. 2	8:00-9:30 HI-LO / SCULPT LEVELS 2/3 JAN RM. 1	8:25-9:15 YOGA FLOW LEVEL 2/3 MARLENE C. RM. 2	9:00-10:00 CHISEL ALL LEVELS SUZIE RM. 1		
	8:15-9:15 CHISEL LEVELS 2/3 SUZANNE RM. 1		8:15-9:15 CHISEL LEVELS 2/3 ADRIANE RM.1	9:00-10:00 DANCE EXERCISE ALL LEVELS CAROL RM. 2	9:00 - 10:00 See Flyer Alt. Instructors	3:00-4:00 YOGA TRACY/JESS
9:00-10:00 DANCE EXERCISE ALL LEVELS CAROL RM. 2		9:00-10:00 DANCE EXERCISE ALL LEVELS CAROL RM. 2				
9:45-11:00 CARDIO/CHISEL ALL LEVELS NICOLE RM. 1	9:30-10:45 STEP/SCULPT LEVELS 2/3 JILL/NICOLE RM. 1	10:00-11:00 PILATES ALL LEVELS PAM RM. 1	9:30-10:45 STEP/SCULPT LEVELS 2/3 JILL/NICOLE RM. 1	10:00-11:00 ZUMBA NICOLE RM. 2		
10:05-11:05 PILATES ALL LEVELS PAM RM.2	10:30-10:45 ABDS CLASS ALL LEVELS SUZANNE RM. 2	11:15 - 12:00 CHAIR YOGA MARLENE C. RM.2	10:30-10:45 ABDS CLASS ALL LEVELS SYLKE RM. 2	10:00-11:00 PILATES ALL LEVELS CAROL RM.1	10:30-11:30 DANCE TRANCE BREAKDOWN CLASS ALL LEVELS PENNY RM.1	
11:00-12:00 50+ FITNESS ALL LEVELS CAROL W. RM 1	11:00 - 12:00 ALL ABOUT YOGA TRACY RM.1	11:00-12:00PM 50+ FITNESS LEVEL 1 RONNA RM.1	11:00 - 12:00 ALL ABOUT YOGA TINA/TRACY RM. 1	11:00-12:00PM 50+ FITNESS LEVEL 1 SUZIE RM 1	<b>CPR 9-12</b> <b>12-Apr</b> <b>REGISTER AT FRONT</b>	
	11:15 - 12:15 LAND ARTHRITIS ALL LEVELS CAROL RM. 2		11:15 - 12:15 LAND ARTHRITIS ALL LEVELS CAROL RM. 2	11:15 - 12:15 CHAIR YOGA MARLENE/NICOLE RM. 2		
<b>**FITASTIC KIDS**</b> 4:00-4:45 ALL LEVELS AGES 5-8 RM. 2 - TRACY		<b>**FITASTIC KIDS**</b> 4:00-4:45 ALL LEVELS AGES 8-12 RM. 2 - TRACY				
4:30-5:30 STEP LEVELS 2/3 NICOLE RM. 1	4:30-5:30 CHALLENGE STEP/BODYBAR LEVEL 2 DONNA RM.2	4:30-5:30 BOOT CAMP LEVELS 2/3 MARIANNE RM.1	4:30-5:45 INTERVAL LEVEL 2 DONNA RM.2	4:30-5:30 MEMBER CHOICE ALL LEVELS LORI RM.1		
5:35-6:35 CHISEL LEVEL 2/3 NICOLE RM. 1	5:15-5:55 CARDIO LEVEL 2/3 LORI RM 1	5:00 -5:55 PILATES ALL LEVELS JAN RM. 2	5:15-5:55 STEP Level 3 MARIANNE RM. 1			
		5:35-6:35 CARDIO/FLEX ALL LEVELS SUZANNE RM. 1		5:30-7:00 YOGA LEVEL 1/2 APRIL RM.2		
6:00-6:55 PILATES ALL LEVELS JANE RM.2	6:00-7:00 CHISEL LEVELS 2/3 LORI/SUZIE RM. 1		6:00-7:00 CHISEL LEVELS 2/3 BARBARA RM.1			
6:30 INT TO TURBO KICK LEVEL 1 KENDALL RM.1	6:15-7:30 YOGA ALL LEVELS MARLENE G. RM. 2	6:00-7:00 HATHA YOGA LEVEL 1/2 MARLENE C. RM. 2	6:15-7:30 LIGHT ASHTANGA YOGA LEVEL 2/3 MARLENE RM.2	6:30-7:30 DANCE TRANCE ALL LEVELS PENNY RM. 1		
7:00-8:00 TURBO KICK ALL LEVELS KENDALL RM. 1	7:05-8:05 CARDIO/FLEX LEVELS 1/2 SUZIE RM. 1	7:00 - 8:00 KICKBOXING ALL LEVELS BARBARA RM. 1	7:05-8:05 ZUMBA/BLT LEVELS 1/2 SUZIE RM. 1			
7:00-8:00 DANCE TRANCE BREAKDOWN CLASS ALL LEVELS PENNY RM.2		7:00-8:00 DANCE TRANCE ALL LEVELS PENNY RM.2				