

# NOVEMBER

# FITNESS CLASSES

# SUMMERVILLE FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
5:15 - 6:00 BODY ATTACK ALL LEVELS TRACY RM.1		5:15 - 6:00 BODY ATTACK ALL LEVELS TRACY RM. 1		5:15 - 6:00 YOGA ALL LEVELS TRACY RM. 1		
				7:30-8:50 INTERVAL LEVEL 2/3 JAN RM. 1	<b>***FITASTIC KIDS***</b> 8:15-9:00 ALL LEVELS AGES 5-12 JAN	
8:00-9:30 STEP/SCULPT LEVELS 2/3 JAN RM. 1	8:25-9:25 FLOW YOGA LEVEL 2/3 MARLENE C. RM. 2	8:00-9:30 CARDIO SURPRISE LEVELS 2/3 JAN RM. 1	8:25-9:25 FLOW YOGA LEVEL 2/3 MARLENE C. RM. 2	9:00-9:30 CARDIO BOSU ADVANCED SUZANNE RM. 1	8:00 - 9:00 CHISEL SHERRY	
	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 Room 2 11/7 TBA	<b>2:30-3:30</b> YOGA ALL LEVELS TRACY OR TINA
9:00-10:00 DANCE EXERCISE ALL LEVELS CAROL RM. 2	9:30-10:30 ZUMBA ALL LEVELS NICOLE RM. 1	9:00-10:00 DANCE EXERCISE ALL LEVELS CAROL RM. 2	9:30-10:30 ZUMBA ALL LEVELS SYLKE RM. 1		11/14 BARBARA - STEP 11/28 SHERRY - CARDIO SCULPT	
9:30-10:45 CARDIO/CHISEL ALL LEVELS SUZIE RM. 1	9:30 - 10:30 STEP BY DESIGN ALL LEVELS KARI RM. 2	10:00-11:00 PILATES FUN ALL LEVELS PAM RM. 1	9:30 - 10:30 STEP BY DESIGN LEVELS 2/3 NICOLE RM. 2	9:30 - 10:30 ZUMBA ALL LEVELS NICOLE RM. 1		
10:00-11:00 PILATES ALL LEVELS PAM RM.2	10:30 - 11:00 FULL BODY SCULPT ALL LEVELS KARI RM. 1		10:35 - 11:05 FULL BODY ALL LEVELS NICOLE RM. 1	10:00-11:00 PILATES ALL LEVELS CAROL RM.2		
	10:45 - 11:00 ABS CLASS ALL LEVELS SUZANNE RM. 2	10:00-10:45 ZUMBA GOLD ALL LEVELS CAROL W. RM.2	10:45 - 11:00 ABS CLASS ALL LEVELS SYLKE RM.2	10:30 - 11:00 FULL BODY SCULPT ALL LEVELS MARLENE RM. 1	<b>10:15 - 11:15</b> <b>HIP-HOP</b> <b>AGES 8 &amp; UP</b> <b>MIKE RM. 1</b>	
11:00-12:00 39 & HOLDING LEVEL 1 SUZIE RM. 1	11:15 - 12:15 YOGA LEVEL 1&2 TRACY / JESS RM.1	11:00-12:00 39 & HOLDING LEVEL 1 RONNA RM.1	11:15 - 12:15 ALL ABOUT YOGA LEVEL 1 TINA/TRACY RM. 1	11:15-12:00 39 & HOLDING LEVEL 1 CAROL/SUZIE RM. 1		
	11:15 - 12:15 LAND ARTHRITIS ALL LEVELS CAROL RM. 2	<b>11:00 - 12:00 YOGA FUSION</b> LEVEL 1/2 MARLENE C. RM 2	11:15 - 12:15 LAND ARTHRITIS ALL LEVELS CAROL RM. 2	11:15 - 12:00 YOGA FUSION LEVEL 1/2 MARLENE C. RM 2	<b>CPR</b> <b>November 14th 9 - 1</b> <b>November 21 9 - 1</b>	
<b>**FITASTIC KIDS**</b> 4:00-4:45 ALL LEVELS <b>AGES 5-10</b> ROBIN RM. 1		<b>**FITASTIC KIDS**</b> 4:00-4:45 ALL LEVELS <b>AGES 5 - 10</b> ROBIN RM. 2				
4:30-5:30 STEP BY DESIGN LEVEL 3 JILL/KARI RM. 2	4:30-5:00 WAIST UP ALL LEVELS 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	4:30-5:45 MEMBER CHOICE ALL LEVEL LORI RM.1	<b>YGROUP EXERCISE</b> We build strong kids, strong families, strong communities.	
	5:05 - 5:35 WAIST DOWN ALL LEVELS DONNA RM. 2					
5:00 - 6:00 ZUMBA ALL LEVELS MARLENE C. RM.1	5:15-5:55 ATHLETIC CARDIO LEVEL 2/3 LORI RM. 1	5:00 - 5:55 PILATES ALL LEVELS JAN RM. 2	5:15-5:55 CARDIO CONDITIONING LEVEL 2/3 MARIANNE RM. 1			
5:35-6:00 ALL LEGS ALL LEVELS SYLKE/KAREN RM.2		5:35-6:00 CARDIO BOSU ADVANCED SUZANNE RM. 1		5:30-6:30 YOGA LEVEL 1 RM.2 TINA/TRACY		
6:05 - 6:30 ALL CORE SYLKE/KAREN RM. 2	6:00-7:00 CHISEL LEVEL 2/3 LORI/ SUZIE RM. 1	6:05 - 7:00 GENTLE YOGA ALL LEVELS TRACY RM. 2	6:00-7:00 CHISEL LEVELS 2/3 BARBARA RM.1			
6:00-6:55 PILATES LEVEL 2/3 CAROL RM.1	6:15-7:25 YOGA ALL LEVELS MARLENE G. RM. 2	6:05 - 7:00 ZUMBA ALL LEVELS BRANDI RM. 1	6:15-7:30 YOGA & REFLECTION LEVEL 2/3 MARLENE RM.2			
6:35 INT TO TURBO KICK LEVEL 1 KENDALL RM.2					<i>The Summerville Family YMCA mission is to be a community cornerstone that puts Christian principals into practice through programs that build healthy spirit, mind, and body for all</i>	
7:00-8:00 TURBO KICK ALL LEVELS KENDALL RM. 1	7:05-8:05 ZUMBA LEVEL 1/2 SUZIE RM. 1	7:05 - 8:00 KICKBOXING ALL LEVELS BARBARA RM. 1	7:05-8:05 ZUMBA & SCULPT ALL LEVELS BARBARA RM. 1	6:00 - 7:00 ZUMBA ALL LEVELS SYLKE RM. 1 <b>Family Zumba 11/13 &amp; 11/27</b>		
<b>7:00 - 8:00 HIP-HOP</b> <b>AGES 18 &amp; UP</b> <b>MIKE RM. 2</b>	7:30 - 8:15 STEP & SCULPT LEVEL 1/2 ROBIN RM.2					