

SEPTEMBER

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 BODY ATTACK ALL LEVELS TRACY RM. 1		
				7:30-8:50 INTERVAL LEVEL 2/3 JAN RM. 1	***FITASTIC KIDS*** 8:15-9:00 AGES 5-12 JAN	
8:00-9:30 STEP/SCULPT LEVELS 2/3 JAN RM. 1	8:30-9:30 FLOW YOGA LEVEL 2/3 MARLENE C. RM. 2	8:00-9:30 CARDIO SURPRISE LEVELS 2/3 JAN RM. 1	8:30-9:30 FLOW YOGA LEVEL 2/3 MARLENE C. RM. 2	9:00-9:30 CARDIO BOSU ADVANCED SUZANNE RM. 1	7:30 - 8:30	
	8:15-9:15 CHISEL LEVELS 2/3 SUZANNE RM. 1		8:15-9:15 CHISEL LEVELS 2/3 SHERRY RM.1	9:00-10:00 DANCE EXERCISE CAROL JONES RM. 2	GAHAGAN PARK BASIC TRAINING LESLIE & HEATHER	2:30-3:30 YOGA ALL LEVELS TRACY OR TINA
9:00-10:00 DANCE EXERCISE CAROL JONES RM. 2	9:20-10:30 ZUMBA ALL LEVELS NICOLE RM. 1	9:00-10:00 DANCE EXERCISE CAROL JONES RM. 2 9:35 - 10:00 U.W.C.	9:30-10:30 ZUMBA ALL LEVELS SYLKE RM. 1		8:00 - 9:00 CHISEL ALL LEVELS SHERRY RM. 1	
9:35-10:45 CARDIO/CHISEL ALL LEVELS SUZIE RM. 1	9:35 - 10:35 CARDIO CORE ALL LEVELS ROBIN RM. 2	LEVEL 2/3 NICOLE RM. 1	9:35 - 10:30 STEP BY DESIGN LEVELS 2/3 NICOLE RM. 2	9:35 - 10:30 ZUMBA ALL LEVELS NICOLE RM. 1	9:00 - 10:00 Room 1	
10:05-11:05 PILATES ALL LEVELS PAM RM.2	10:40 - 11:10 FULL BODY SCULPT ALL LEVELS ROBIN RM. 1	10:05-11:00 PILATES FUN ALL LEVELS PAM RM. 1	10:35 - 11:05 FULL BODY ALL LEVELS NICOLE RM. 2	10:05-11:00 PILATES ALL LEVELS CAROL RM.2	9/4 LESLIE - BASIC TRAINING 9/11 NICOLE - DOUBLE STEP	SALSA CLASS 2PM - 4PM ROOM 2 FEE \$12
11:15 - 12:00 SILVERSNEAKERS LEVEL 1 MARLENE RM. 2	10:45 - 11:00 ABS CLASS ALL LEVELS SUZANNE RM. 2	10:05-11:00 ZUMBA GOLD ALL LEVELS CAROL W. RM.2	10:45 - 11:00 ABS CLASS ALL LEVELS SYLKE RM.1	10:35 - 11:05 FULL BODY SCULPT ALL LEVELS MARLENE RM. 1	9/18 LESLIE - PLYO CONDITIONING 9/25 SUZANNE - BOSU CHALLENGE	
11:00-12:00 39 & HOLDING LEVEL 1 SUZIE RM. 1	11:15 - 12:15 YOGA LEVEL 1&2 TRACY / JESS RM.1	11:05-12:00 39 & HOLDING LEVEL 1 RONNA RM.2	11:15 - 12:15 ALL ABOUT YOGA LEVEL 1 TINA/TRACY RM. 1	11:05-12:00 39 & HOLDING LEVEL 1 SUZIE RM. 2		
	11:15 - 12:15 LAND ARTHRITIS ALL LEVELS CAROL RM. 2	11:15- 12:10 GENTLE YOGA LEVEL 1/2 MARLENE C. RM. 1	11:15 - 12:15 LAND ARTHRITIS ALL LEVELS CAROL RM. 2	11:15 - 12:00 GENTLE YOGA LEVEL 1/2 MARLENE C. RM. 1		
	12:30 - 1:30 BASIC BOOT CAMP ALL LEVELS SYLKE RM. 1	12:15 - 1:00 SILVERSNEAKERS LEVEL 1 CAROL RM. 2				
FITASTIC KIDS 4:00-4:45 ALL LEVELS AGES 5-9 ROBIN RM. 1		**FITASTIC TEENS** 4:00-4:45 ALL LEVELS AGES 9 - 13 ROBIN RM. 1				
4:30-5:30 STEP BY DESIGN LEVEL 3 NICOLE RM. 2	4:30-5:00 WAIST UP ALL LEVELS DONNA RM. 1	5:00 - 6:00 BOOT CAMP LEVELS 2/3 MARIANNE RM.1	4:30-5:45 INTERVAL LEVEL 2 DONNA RM.1	4:30-5:45 MEMBER CHOICE ALL LEVEL LORI RM.1		
	5:05 - 5:30 WAIST DOWN ALL LEVELS DONNA RM.1					
5:00 - 6:00 ZUMBA ALL LEVELS MARLENE C. RM.1	5:00-5:45 ATHLETIC CARDIO LEVEL 2/3 LORI RM.2	5:00 -5:55 PILATES ALL LEVELS JAN RM. 2	5:00-5:45 CARDIO CONDITIONING LEVEL 2/3 MARIANNE RM.2			
5:35-6:00 ALL LEGS ALL LEVELS SYLKE/KAREN RM.2	5:35 - 6:00 U.W.C.					
6:05 - 6:30 ALL CORE SYLKE/KAREN RM. 2	LEVEL 2/3 NICOLE RM. 1 6:05-7:00 CHISEL	6:00 - 6:45 CARDIO CORE ALL LEVELS SUZANNE RM. 2	6:00-7:00 CHISEL LEVELS 2/3 BARBARA RM.1	5:30-6:30 YOGA LEVEL 1 RM.2 TINA/TRACY		
6:05-7:00 PILATES LEVEL 2/3 CAROL RM.1	LEVEL 2/3 LORI/ SUZIE RM. 1 6:15-7:25 YOGA					
6:35 INT TO TURBO KICK LEVEL 1 KENDALL RM.2	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			
7:05-8:00 TURBO KICK ALL LEVELS KENDALL RM. 1	7:05-8:05 ZUMBA LEVEL 1/2 ALT INSTRUCTORS RM. 1	7:05 - 8:00 KICKBOXING ALL LEVELS BARBARA RM. 1	7:05-8:05 ZUMBA ALL LEVELS BRANDI RM. 1	6:00 - 7:00 FAMILY ZUMBA ALL LEVELS SYLKE RM. 1		
	7:30 - 8:15 STEP 'N' STYLE ALL LEVELS RETSY RM. 2					



CPR
SEPTEMBER 11TH
AUGUST 28TH

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