



# FEBRUARY FITNESS SCHEDULE - DOWNTOWN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:00 BODY ATTACK ALL LEVELS TRACY RM.1	5:15 - 6:00 TNT LEVEL 1 RUTH RM. 1	5:15 - 6:00 BODY ATTACK ALL LEVELS TRACY RM. 1	5:15 - 6:00 TNT LEVEL 1 RUTH RM. 1	5:15 - 6:00 BODY ATTACK ALL LEVELS TRACY RM. 1		
8:00-9:30 STEP/SCULPT LEVELS 2/3 JAN RM. 1	8:30-9:30 FLOW YOGA LEVEL MARLENE 2/3 RM. 2	8:00-9:30 CARDIO SURPRISE LEVELS 2/3 JAN RM. 1	8:30-9:30 WARM FLOW YOGA LEVEL 2/3 MARLENE RM. 2	7:30-8:50 INTERVAL LEVEL 2/3 JAN RM. 1	***FITASTIC KIDS*** 8:15-9:00 AGES 5-12 JAN	
8:00 - 9:00 ENERGY FLOW ALL LEVELS JESSI RM.2	8:15-9:15 CHISEL LEVELS 2/3 SUZANNE RM. 1		8:15-9:15 CHISEL LEVELS 2/3 NICOLE RM.1	9:00 - 10:00 ZUMBA ALL LEVELS MARLENE RM. 1		8:00 - 9:00 BASIC TRAINING WELLNESS CENTER LESLIE
9:00-10:00 DANCE EXERCISE CAROL JONES RM. 2	9:20-10:30 ZUMBA ALL LEVELS BRANDI RM. 1	9:00-10:00 DANCE EXERCISE CAROL JONES RM. 2	9:30-10:30 ZUMBA ALL LEVELS SYLKE RM. 1	9:00-10:00 DANCE EXERCISE CAROL JONES RM. 2		
9:35-10:45 CARDIO/CHISEL ALL LEVELS SUZIE RM. 1	9:35 - 10:35 STEP ALL LEVELS NICOLE RM. 2	9:35 - 10:05 U.W.C. LEVEL 2/3 KIM RM. 1	9:35 - 10:50 INTERVAL LEVELS 2/3 ROBIN RM. 2	10:05 - 11:05 CARDIO CHISEL ALL LEVELS SUZANNE RM. 1	8:00 - 9:00 CHISEL ALL LEVELS SHERRY RM. 1	
10:05-11:05 PILATES ALL LEVELS PAM RM.2	10:40 - 11:10 BODY SCULPT ALL LEVELS NICOLE RM. 2	10:10-11:05 PILATES FUN ALL LEVELS PAM RM. 1	10:35 - 11:05 CORE & MORE ALL LEVELS SYLKE RM. 1	10:05-11:00 PILATES ALL LEVELS CAROL RM.2	9:00 - 10:00 Room 1	
11:00-12:00 39 & HOLDING LEVEL 1 SUZIE RM. 2	10:45 - 11:00 ABS CLASS ALL LEVELS SUZANNE RM. 1	10:05-11:00 ZUMBA GOLD ALL LEVELS CAROL W. RM.2			2/4 CARDIO-CORE ROBIN 2/11 KICK&DRUM BARBARA 2/18 INTERVAL ROBIN 2/25 STEP NICOLE	ZUMBA GOLD 3:45-4:30 ROOM 1 CAROL
11:15 - 12:10 GENTLE YOGA LEVEL 1/2 TINA RM. 1	11:15 - 12:15 YOGA LEVEL 1&2 TRACY /JESS RM.1	11:10-12:10 39 & HOLDING LEVEL 1 RONNA RM.2	11:15 - 12:15 ALL ABOUT YOGA LEVEL 1 APRIL RM. 1	11:10-12:10 39 & HOLDING LEVEL 1 SUZIE RM. 2		
12:15 - 1:00 SILVERSNEAKERS LEVEL 1 RONNA RM. 1	11:15 - 12:15 LAND ARTHRITIS ALL LEVELS CAROL RM. 2	11:15- 12:10 GENTLE YOGA LEVEL 1/2 TINA RM. 1	11:15 - 12:15 LAND ARTHRITIS ALL LEVELS CAROL RM. 2	11:15 - 12:00 GENTLE YOGA LEVEL 1/2 TINA RM. 1	SIDEKICKS REGISTER AT FRONT DESK	SALSA CLASS 2PM - 4PM ROOM 2 FEE \$12
**FITASTIC KIDS** 4:00-4:45 ALL LEVELS AGES 5-8 ROBIN RM. 1		12:15 - 1:00 SILVERSNEAKERS LEVEL 1 CAROL RM. 2	12:30 - 1:30 TAI-CHI CaSONDRA RM. 1		10:00 - 11:00 Kid Hip-Hop ages 7 - 12 REGGIE RM. 1	
4:30-5:30 STEP BY DESIGN LEVEL 3 BETSY 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 CARDIOCHISEL LEVEL 2 DONNA RM.1	5:00 - 6:00 MEMBER CHOICE ALL LEVEL LORI RM.1		
5:00 - 6:00 ZUMBA ALL LEVELS TREA RM.1	5:05 - 5:30 WAIST DOWN ALL LEVELS DONNA RM.1	5:00 -5:55 PILATES ALL LEVELS JAN RM. 2	5:15 - 6:00 CARDIO PLUS LEVEL 2/3 MARIANNE RM.2		CPR FEBRUARY 11TH KITTY	
6:00-6:30 ALL LEGS ALL LEVELS SYLKE/KAREN RM1	5:15 - 6:00 ATHLETIC CARDIO LEVEL 2/3 LORI RM.2			5:30-6:30 YOGA LEVEL 1 RM.2 TINA		
6:30-7:00 ALL CORE SYLKE/KAREN RM. 1	5:35 - 6:00 U.W.C. LEVEL 2/3 HEATHER RM. 1	6:00 - 7:00 CARDIO CHISEL ALL LEVELS SUZANNE RM. 2	6:00-7:00 CHISEL LEVELS 2/3 BARBARA RM.1			
6:05-7:00 PILATES ALL LEVELS CAROL RM.2	6:05-7:00 CHISEL LEVEL 2/3 LORI/ SUZIE RM. 1	6:05 - 7:00 ZUMBA ALL LEVELS BRANDI RM. 1	6:15-7:30 YOGA & REFLECTION LEVEL 2/3 MARLENE RM.2			
7:05-8:15 TURBO KICK ALL LEVELS KENDALL RM. 1	6:15-7:25 YOGA ALL LEVELS MARLENE G. RM. 2					
	7:05-8:05 ZUMBA LEVEL 1/2 JESSICA RM. 1	7:05 - 8:00 KICKIN & DRUMIN 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 KIM RM 2		7:35 - 8:15 ENERGY FLOW ALL LEVELS JESSI RM 2			

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