

SUMMERVILLE FAMILY YMCA @ THE PONDS ~ FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 - 8:15 LUCINDA SPIN SCE&G Room		7:30 - 8:15 LESLIE CYCLE SCE&G Room	7:30 - 8:15 TRACY INTRO TO SPIN SCE&G Room		8:00 - 9:00 SPIN/CYCLE FEB 4 SPECIAL RIDE 9:30 FEB 11 LUCINDA FEB 18 TRACY FEB 25 LUCINDA 8 - 10 am (Endurance ride)
8:30 - 9:30 LUCINDA CHISEL All levels	8:30 - 9:30 LUCINDA CARDIO BOSU All levels	8:15 - 9:30 DONNA CARDIO CHISEL All levels	8:30 - 9:30 KIM CARDIO BOSU All levels	8:10- 9:10 HEATHER CHISEL All levels	8:30- 9:30 HEATHER/RACHELE ZUMBA All levels
8:30 - 9:30 CELESTIA SPIN SCE&G Room	8:30 - 9:30 TRACY SPIN SCE&G Room	8:30 - 9:30 LUCINDA SPIN SCE&G Room	8:30 - 9:30 LUCINDA SPIN FEB 2 TEAM CHALLENGE FEB 9 ROLLING HILLS FEB 17 TABATAS FEB 24 ENDURANCE SCE&G Room	8:30 - 9:30 KELLY CYCLE SCE&G Room	
9:30 - 10:30 JESSIE ZUMBA - All levels Court #1		9:30 - 10:30 LISA BALLET BUFF All levels			
9:35 - 10:35 TES KICKBOXING All levels		9:30 - 10:30 HEATHER ZUMBA - All levels Court #1	9:30 - 10:30 TREA ZUMBA TONING All levels	9:15 - 10:00 PAM PILATES All levels	9:30 - 10:30 SUZANNE/CAROL PILATES All levels
	9:45 - 10:30 TRACY YOGA All Levels	9:45 - 10:00 LUCINDA GOT ABS SCE&G Room	9:45 - 10:00 LUCINDA GOT ABS SCE&G Room	9:30 - 10:30 TREA ZUMBA - All levels Court #1	10:30 - 11:30 LISA ADULT TAP \$5 per session All levels
10:35 - 11:30 LISA TWIRLING TODDLERS 3 - 4 yr olds	10:00 - 10:45 LUCINDA INTRO TO SPIN SCE&G Room	10:30 - 11:30 LISA BALLET/TAP PROGRAM 3 - 4 yr olds	10:35 - 11:05 HEATHER CIRCUITS All Levels	10:00 - 11:00 LUCINDA CHISEL All levels	
	10:35 - 11:45 HEATHER ZUMBA IN THE CIRCUIT All levels			11:15 - 12:00 LUCINDA TREAD & SHED On the Treadmills	
	11:15 - 12:00 LUCINDA TREAD & SHED On the Treadmills	11:00 - 12:00 MARLENE GENTLE YOGA SCE&G Room	11:15 - 12:15 TRACY YOGA All levels	11:00 - 12:00 MARLENE GENTLE YOGA SCE&G Room	
11:30 - 12:30 KELLY 39 & HOLDING Level 1/2	1:00 - 2:00 ROBIN SILVER SNEAKERS Level 1	11:30 - 12:30 KELLY 39 & HOLDING Level 1/2	1:00 - 2:00 TRACY SILVER SNEAKERS Level 1	11:30 - 12:30 KELLY 39 & HOLDING Level 1/2	
	4:00 - 4:45 LUCINDA SPIN SCE&G Room		4:00 - 4:45 LUCINDA FITASTIC KIDS (5-12 yrs) SCE&G ROOM		
4:00 - 4:45 LISA BALLET PROGRAM 3 - 4 yr olds	4:00 - 4:45 LISA FITASTIC KIDS (5-12 yrs)	4:00 - 5:00 LISA BALLET PROGRAM 5 - 7 yr olds			
4:45 - 5:10 HEATHER ULTIMATE WORKOUT CHALLENGE Level 2/3	4:45 - 5:30 LISA TAP PROGRAM 3 - 4 yr olds		5:15 - 6:00 LUCINDA CARDIO BOSU All levels		
5:15 - 6:00 HEATHER ZUMBA All levels	5:30 - 6:30 LISA JAZZ PROGRAM 5 - 7 yr olds	5:15 - 6:00 MARLENE ZUMBA All levels	6:00 - 7:00 ERIKA ZUMBA/ All levels Court #1		
6:00 - 6:45 ELEANOR INTRO CYCLE SCE&G Room	6:00 - 7:00 ELEANOR CYCLE SCE&G Room	6:00 - 7:00 JULIE SPIN SCE&G Room	6:00 - 7:00 SPIN FEB 2, 16 CELESTIA FEB 9, 23 JULIE SCE&G Room		
6:05 - 7:05 HEATHER CHISEL All levels	6:35 - 7:35 CELESTIA CARDIO CHISEL All levels	6:00 - 7:00 ROBIN CHISEL All levels	6:00 - 7:00 LISA BALLET BUFF All levels	6:00 - 7:00 TRACY WARM FLOW YOGA All levels	
		7:05 - 7:45 ROBIN BUTT & GUT All levels	7:00 - 8:00 LISA ADULT TAP \$5 per session SCE&G Room		



unless otherwise noted
all classes are held
in the aerobics room