



HABERSHAM YMCA

January 2019

YMCA HOURS: MON-THUR 4:30AM-9PM/FRI 4:30AM-8PM/SAT 7AM-6PM/SUN 11AM-6PM

BEGINNING JANUARY 7TH: MON-THUR 4:30AM-10PM/FRI 4:30AM-8PM/SAT 6AM-6PM/SUN 11AM-6PM

FREE CHILD CARE: MON-FRI 8AM-1PM/MON-THUR 4:15-7:30PM/SAT 9:30-12:15

FACILITY CLOSED TUESDAY, JANUARY 1ST

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	Total Body Barre (Sam)	Yogalates (Sam)		Yogalates (Sam)			
8AM	Zumba (Kenyatta)	Adult Beginner Ballet (Nicki)	Ab-Domination (Susie)	Hoop Fitt (Nichele) Cancel 17	Zumba (Teresa)	Dance Fitness (Sam)	
9AM	9:15 HIIT Camp (Sam)	Intense Total Body (Yanet)	Cardio Pop (Jen W)	9:15 Full Body Burn (Sam)	WOD (David)	9:05-10:30 Ultimate Conditioning (Stephanie) Cancel 5	
10:15AM	Ageless Athletes (Jen R.)	Flex & Stretch (Carla)	Ageless Athletes (Carla) 9, 23 Zumba (Sabrina) 2, 16, 30	Basic Strength (Sam)	Basic Strength (Michelle) Cancel 25	10:45 Gentle Yoga (Liz)	
11:15AM	Tai Chi (Myong)	Senior Active (Sam)	Tai Chi (Myong) Cancel 3	Corrective Bodywork (Dr. Bruce)	Tai Chi (Myong)		
12:15PM	Yoga Flow (Elizabeth)	Pilates (Elizabeth)	12:30 Country Western Partner Dance (Woody)	Basic Yoga Flow (Theresa)	Dynamic Yoga (Elizabeth)		
4:30PM	Zumba (JoJo)	Zumba (Sheena)	Zumba (Sabrina)	Zumba (Cyndi) Cancel 24	MixedFit (Beth)		Sun Yoga (Katharine)
5:30PM	Step (Susan)	HIIT Breakthrough (Stephanie)	Total Body Blast (Leigh)	Hip Hop (Diane)	HIIT Strength (Michelle) Cancel 25		
6:30PM	Ab-Solution (Stephanie)	Butts N Guts (Yanet)	Ab-Solution (Stephanie)	Yogalates (Leigh)			
7:15/7:30PM	7:30 Country Western Partner Dance (Woody)						

CYCLE

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30/5:45AM	5:30 Cycle (Victoria)	5:30 Cycle (Ara)	5:30 Cycle (Krystal)	5:30 Cycle (Ara)	5:30 Cycle (Alena)	7:30 Cycle (Krystal/ Victoria)	
8:30/9:15AM	9:15 Cycle (Nichele) Nicki 21		9 Cycle (Susie)		9 Cycle (Kim) Nichele 2	9:15 Cycle Leigh 5,19 Nichele 12, 26	
NOON	Cycle (Kim)		Cycle (Kim)				
5:30PM	Cycle (Susie)	Cycle (Sam)		Cycle (Leigh)			
6:30PM	Cycle (Leigh)		Cycle (Sam)				

TRX/MVE ROOM

6:30AM			TRX (Sam)				
9/9:15/9:30AM			9:30 Chair Fitness (Elizabeth R)		9:15 TRX Barre (Michelle) Cancel 25		
10:15AM				Healthy Back (Elaine)			
5:30PM	TRX Interval (Stephanie)	TRX Interval (Leigh)	TRX Strength (Stephanie)	TRX (Stephanie) Cancel 3			
6:15PM		TRX Strength (Leigh)		TRX Cardio Strength (Stephanie) Cancel 3			

HELD IN WEIGHT ROOM

WOD

5:45AM				WOD (Michelle)			
9:30AM	WOD (Dave)		WOD (Dave)				