

November 2018 Habersham

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

FREE CHILD CARE: MON-FRI 8AM-1PM/MON-THUR 4:15-7:30PM/SAT 9:15-11:45

CLOSED FOR THANKSGIVING WEDNESDAY 21-FRIDAY 23

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	Total Body Barre (Megan) Sam 5	Yogalates (Megan) Sam		Yogalates (Megan)			
8AM	Zumba (Kenyatta)	Adult Beginner Ballet (Nicki)	Ab-Domination (Susie)	New Class: Hoop Fitt (Nichele)		Dance Fit (Samantha)	
9/9:15AM	9:15-10:05 HIIT Camp (Samantha)	Intense Total Body (Yanet)	Cardio Pop (Jen W)	9:15-10:05 Barre (Michelle)	WOD (David)	9:05-10:30 Ultimate Conditioning (Stephanie)	
10:15AM	Ageless Athletes (Jen R.)	Flex & Stretch (Carla)	Ageless Athletes (Carla) 14, 28 Zumba (Sabrina) 7	Basic Strength (Samantha)	Basic Strength (Michelle)	10:45 Gentle Yoga (Liz)	
11:15AM	Tai Chi (Myong)	Active Agers (Michelle)	Tai Chi (Myong)	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)		
2PM							
4:30PM	Zumba (JoJo)	Zumba (Sheena)	Zumba (Sabrina)	Zumba (Cyndi)	MixedFit (JoJo)		Sun Yoga (Katharine)
5:30PM	Step (Susan) Teresa 26	HIIT Breakthrough (Megan) Stephanie 6	Total Body Blast (Megan) Sam 7	Hip Hop (Diane)	HIIT Strength (Michelle) Megan 2		
6:30PM	Ab-Solution (Stephanie)	Butts N Guts (Yanet)	Ab-Solution (Stephanie)	Yogalates (Megan)			

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 (Megan) Krystal 5	5:30 Cycle (Ara)	5:30 Cycle (Megan) Victoria 7	5:30 Cycle (Ara)	5:30 Cycle (Alena)	7:15 Cycle Krystal Victoria Samantha 3	
8:30/9:15AM	9:15 Cycle (Nichele)		9 Cycle (Susie)		9 Cycle (Kim)	9:15 Cycle Leigh 3, 10 Megan 17 Nichele 24	
NOON	Cycle (Kim)		Cycle (Kim)				
5:30PM	Cycle (Susie)	Cycle (Nicki)		Cycle (Leigh)			
6:30PM	Cycle (Leigh) Megan 19		Cycle (Megan) Andy 7				

TRX/MVE ROOM

6:30AM			TRX (Megan) Sam 7				
9/9:15/9:30AM			9:30 Chair Fitness (Elizabeth R)		9:15-10:05 TRX Barre (Michelle)		
10:15AM				Healthy Back (Elaine)			
5:30PM	TRX Interval (Stephanie)	TRX Interval (Leigh)	TRX Strength (Stephanie)	TRX Cardio (Megan)			
6:15PM		TRX Strength (Leigh) Megan 20		TRX Cardio Strength (Stephanie)			

HELD IN WEIGHT ROOM

WOD

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