



# July 2018 Habersham 912-354-6223

**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**

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:30AM</b>	HIIT X Train (Megan) <b>Cancel 2</b>	Yogalates (Megan) Michelle 3		Yogalates (Megan) Leigh 5 Michelle 26			
<b>8AM</b>	Zumba (Kenyatta)	Barre (Michelle)	Ab-Domination (Susie)	Fit Barre (Elizabeth)	Zumba (Jill)	Dance Fit (Tracey)	
<b>9AM</b>	HIIT Camp (Noriko)	Intense Total Body (Yanet) Michelle 2, 10	Cardio Pop (Jen W) <b>Cancel 11</b>	Barre (Michelle)	WOD (David)	9:05-10:30 Ultimate Conditioning (Stephanie) Korry 28	
<b>10:15AM</b>	Ageless Athletes (Jen R.)	Flex & Stretch (Carla)	Ageless Athletes (Carla 11, 25) Zumba (Sabrina 18)	Basic Strength (Noriko)	Basic Strength (Michelle) <b>Cancel 6</b>	10:45 Gentle Yoga (Liz)	
<b>11:15AM</b>	Tai Chi (Myong)	Senior Active (Michelle)	Tai Chi (Myong)	Cardio Dance & Stretch (Noriko)	Tai Chi (Myong)		
<b>12:15PM</b>	Yoga (Elizabeth)	Pilates (Elizabeth)	<b>12:30</b> Country Western Partner Dance (Woody)	Basic Yoga Flow (Theresa) Pat 12, 19	Dynamic Yoga (Elizabeth) <b>Cancel 27</b>		
<b>2PM</b>			**MoveOn for Movement Difficulties Pat & Elizabeth **\$20 a month				
<b>4:30PM</b>	Zumba (JoJo)	Zumba (Sheena)	POUND (Sabrina)	Zumba (Cyndi)			Sun Yoga (Katharine)
<b>5:30PM</b>	Step (Susan) Teresa 23	HIIT Breakthrough (Megan) Stephanie 3 <b>Cancel 25</b>	Total Body Blast (Megan)	Hip Hop (Diane)	HIIT Strength (Michelle) Amanda 6		
<b>6:30PM</b>	Ab-Solution (Stephanie)	Butts N Guts (Yanet) Stephanie 3 <b>Cancel 10</b>	Ab-Solution (Stephanie)	Yogalates (Megan) Leigh 5 Michelle 26			
<b>7:15/7:30PM</b>	<b>7:30</b> Country Western Partner Dance (Woody)						

## CYCLE

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30/5:45AM</b>	5:30 Cycle (Megan) Ara 2	5:30 Cycle (Ara)	5:30 Cycle (Megan)	5:30 Cycle (Ara)	5:30 Cycle (Alena) Megan 29		
<b>8:30/9:15AM</b>	9:15 Cycle (Nichele) Jen R. 2		9 Cycle (Susie)		8:30 Cycle (Kim) Nichelle 1	9:15 Cycle Nichelle Megan 21	
<b>NOON</b>	Cycle (Kim)		Cycle (Kim)				
<b>5:30PM</b>	Cycle (Susie)	Cycle (Nicki) Nichele 24		Cycle (Leigh)			
<b>6:30PM</b>	Cycle (Leigh) <b>Cancel 2</b>		Cycle (Megan) Elizabeth C.				

## TRX/MVE ROOM

<b>6:30AM</b>			TRX (Megan)				
<b>9/9:15/9:30AM</b>			9:30 Chair Fitness (Elizabeth R)	9 MVE (Elizabeth)	9:15 TRX Barre (Michelle) <b>Cancel 6</b>		
<b>10:15AM</b>				Healthy Back (Elaine)			
<b>5:30PM</b>	TRX Interval (Stephanie)	TRX Interval (Leigh)	TRX Strength (Stephanie)	TRX Cardio (Megan) Stephanie 5 <b>Cancel 26</b>			
<b>6:15PM</b>		TRX Strength (Leigh)		TRX Cardio Strength (Stephanie) Korry 26			

## HELD IN WEIGHT ROOM

## WOD

<b>5:45AM</b>				WOD (Dave/Michelle)			
<b>9:30AM</b>	WOD (Dave/Michelle) Dave 2		WOD (Dave/Michelle)				

