



June 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
6:30AM	HIIT X Train (Megan) Michelle 18	Yogalates (Megan)		Yogalates (Megan)			
8AM	Zumba (Kenyatta)	Barre (Michelle) TBA 26	Ab-Domination (Susie)	Fit Barre (Elizabeth) Jen W 28	Zumba (Jill) Cancel 8	Dance Fit (Tracey)	
9AM	HIIT Camp (Dawn) TBA 18	Intense Total Body (Yanet) TBA 26	Cardio Pop (Jen W) TBA 13	New Time: 9:15 Barre (Michelle) TBA 28	WOD (David)	9:05-10:30 Ultimate Conditioning (Stephanie)	
10:15AM	Ageless Athletes (Jen R.) Dawn 11	Flex & Stretch (Carla)	Ageless Athletes (Carla 13, 27) Zumba (Sabrina 6, 20)	Basic Strength (Noriko)	New Class: Basic Strength Michelle TBA 29	10:45 Gentle Yoga (Liz)	
11:15AM	Tai Chi (Myong)	Senior Active (Michelle) TBA 26	Tai Chi (Myong)	New Class: Cardio Dance & Stretch (Noriko)	Tai Chi (Myong)		
12:15PM	Yoga (Elizabeth)	Pilates (Elizabeth) TBA 26	12:30 New Class: Country Western Partner Dance (Woody)	Basic Yoga Flow (Theresa)	Dynamic Yoga (Elizabeth) Theresa 1 TBA 29		
2PM			**MoveOn for Movement Difficulties Pat and Elizabeth **\$20 a month				
4:30PM	Zumba (JoJo)	Zumba (Sheena)	POUND (Sabrina)	Zumba (Cyndi) TBA 28			Sun Yoga (Katharine)
5:30PM	Step (Susan)	HIIT Breakthrough (Megan)	Total Body Blast (Megan)	Hip Hop (Diane)	HIIT Strength (Korry)		
6:30PM	Ab-Solution (Stephanie)	Butts N Guts (Yanet) TBA 26	Ab-Solution (Stephanie)	Yogalates (Megan)			
7:15/7:30PM	7:30 New Class: Country Western Partner Dance						

	(Woody)						
--	---------	--	--	--	--	--	--

CYCLE

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30/5:45AM	5:30 Cycle (Megan) Alena 18	5:30 Cycle (Ara)	5:30 Cycle (Megan)	5:30 Cycle (Ara)	5:30 Cycle (Alena) Megan 29		
8:30/9:15AM	9:15 Cycle (Nichele) TBA 18 Nicki 25		9 Cycle (Susie)		8:30 Cycle (Kim) Nichelle 1	9:15 Cycle Nichelle 9, 16 Megan 2, 23 TBA 30	
NOON	Cycle (Kim) Nichelle 4		Cycle (Kim)				
5:30PM	Cycle (Susie)	Cycle (Nicki)		Cycle (Leigh)			
6:30PM	Cycle (Leigh)		Cycle (Megan)				

TRX/MVE ROOM

6:30AM			TRX (Megan)				
9/9:15/9:30AM			9:30 Chair Fitness (Elizabeth R) Elaine 13	9 MVE (Elizabeth) Cancel 28	9:15 TRX Barre (Michelle) TBA 29		
10:15AM				Healthy Back (Elaine)			
5:30PM	TRX Interval (Stephanie)	TRX Interval (Leigh)	TRX Strength (Stephanie)	TRX Cardio (Megan)			
6:15PM		TRX Strength (Leigh)		TRX Cardio Strength (Stephanie)			

HELD IN WEIGHT ROOM

WOD

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

