



May 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) Korry 14	Yogalates (Megan) Korry 22 Leigh 29		Yogalates (Megan) Leigh 31			
8AM	Zumba (Kenyatta)	Fit Barre (Michelle)	Ab-Domination (Susie)	Fit Barre (Elizabeth) Michelle 31	Zumba (Jill)	Dance Fit (Tracey)	
9AM	HIIT Camp (Dawn)	Intense Total Body (Yanet)	Cardio Pop (Jen W)	Fit Barre (Michelle)	WOD (Korry) David 4	9:05-10:30 Ultimate Conditioning (Stephanie)	
10:15AM	Ageless Athletes (Jen R.)	Flex & Stretch (Carla)	Ageless Athletes (Carla 16, 30) Zumba (Sabrina 2, 9, 23)	Basic Strength (Noriko) Korry 10		10:45 Gentle Yoga (Liz)	
11:15AM	Tai Chi (Myong)	Senior Active (Angie)	Tai Chi (Myong)	Step (Angie)	Tai Chi (Myong)		
12:15PM	Yoga Flow (Elizabeth)	Pilates (Elizabeth)	12:30 New Class: Country Western Partner Dance (Woody)	Yoga Flow (Theresa) Pat 3	Dynamic Yoga (Elizabeth)		
2PM			**MoveOn for Movement Difficulties Pat and Elizabeth **\$20 a month				
4:30PM	Zumba (JoJo)	Zumba (Sheena)	Zumba (Sabrina)	Zumba (Cyndi)			Sun Yoga (Katharine)
5:30PM	Step (Susan)	HIIT Breakthrough (Megan) Stephanie 22, 29	Total Body Blast (Megan) Leigh 30	Hip Hop (Diane)	HIIT Strength (Korry) Stephanie 4		
6:30PM	Ab-Solution (Stephanie)	Butts N Guts (Yanet)	Ab-Solution (Stephanie)	Yogalates (Megan) Leigh 31			
7:15/7:30PM	7:30 New Class: Country Western Partner Dance (Woody)						

CLASSES CANCELED MEMORIAL DAY, MONDAY, MAY 28

CYCLE

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	5:30 Cycle (Megan) Alena 14	5:30 Cycle (Ara)	5:30 Cycle (Megan) Alena 30	5:30 Cycle (Ara)	5:30 Cycle (Alena)		
8:30/9:15AM	9:15 Cycle (Nichele)		9 Cycle (Susie)		9 Cycle (Kim)	9:15 Cycle Nichele 5 Korry 12 Leigh 19, 26	
NOON	Cycle (Kim)		Cycle (Kim) Nichele 30				
5:30PM	Cycle (Susie)	Cycle (Nicki)		Cycle (Leigh)			
6:30PM	Cycle (Leigh)		Cycle (Megan) Elizabeth C. 30				

TRX/MVE ROOM

6:30AM			TRX (Megan)				
9/9:15/9:30AM			9:30 Chair Fitness (Elizabeth R)	9 MVE (Elizabeth) Canceled 31	9:15 Fit Barre (Michelle) Canceled 4		
10:15AM				Healthy Back (Elaine)			
5:30PM	TRX Interval (Stephanie)	TRX Interval (Leigh)	TRX Strength (Stephanie)	TRX Cardio (Megan) Stephanie 31			
6:15PM		TRX Strength (Leigh)		TRX Cardio Strength (Stephanie)			

HELD IN WEIGHT ROOM

WOD

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

CLASSES CANCELED MEMORIAL DAY, MONDAY, MAY 28