



Statesboro YMCA

Group Fitness

January 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HOURS: MONDAY-THURSDAY 5:00AM-9PM / FRIDAY 5AM-8PM/ SATURDAY 7AM-6PM/ SUNDAY 1PM-6PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	HIIT Terri Cycle Studio *starting 1/7*		Cycle Express Terri Cycle Studio *Starting 1/7*		HIIT Terri Wellness Center *Starting 1/7*	
8:00AM	Pilates Kaylee Yoga Studio *Starting 1/14*	WOD Bree Wellness Center * 7:30-8:30*	Boot Camp Hannah Wellness Center	HIIT Bree Wellness Center 7:30-8:30*	WOD Bree Wellness Center * 7:30-8:30*	
	Boxing Circuit Austin Boxing Studio 8:15-9AM	Awesome Abs Jasmyn Aerobic Studio *Starting 1/15*				
9:00 AM				Hip Hop Jams Ellyn Aerobic Studio *Starting 1/7*		Simply Core Phylicia Yoga Studio 9:30-10AM
9:00 AM	Total Body Blast Jasmyn Aerobic Studio Starting 1/14		HIIT Bree Wellness Center		Total Body Blast Jasmyn Aerobic Studio Starting 1/11	
10:00 AM		Barre Becca Aerobic Studio		Step Dance Fusion Becca Aerobic Studio		
11:00 AM	Active & Ageless Hannah Aerobic Studio	Zumba Gold Ellyn Aerobic Studio *Starting 1/7*			Active & Ageless Bree Aerobic Studio *starting 1/14*	Boxing Circuit Austin Boxing Studio 10-10:45AM
11:30 AM			Active & Ageless Hannah Aerobic Studio			
12:00 PM						
5:15 PM						
5:30 PM	Step Dance Fusion Becca Aerobic Studio	Barre Bootcamp Becca Aerobic Studio		Boxing Circuit Austin Boxing Studio		
5:45 PM						
6:00 PM			Hip Hop Phylicia Aerobic Studio	Bootcamp Hannah Aerobic Studio		
6:30 PM	HIIT Bree Wellness Center *Starting 1/14*	Zumba Aerobic Studio Ron	Boot Camp Bree Wellness Center *Starting 1/16*			
7:00 PM	Hip Hop Phylicia Aerobic Studio					



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CLASS DESCRIPTION

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CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6 AM			Cycle Express Terri Cycle Studio *Starting 1/7*			
8:30 AM						
11:00 AM						
5:30 PM			Cycle Terri Cycle Studio *Starting 1/7*			
6:30 PM	Cycle 101 Terri Cycle Studio *Starting 1/7*					

Notes to Know: Ask the front desk about after school tutoring and Youth Basketball.

CHILDWATCH SCHEDULE (Ages 6 weeks - 4 yr. old)

Mon.-Fri: 8:00 am-12:00 pm
Mon.-Thursday: 8am- 12pm & 4pm. -7:00 pm.
Saturday: 8:00 am - 12:00 pm

Y-Zone (ages 5-12)
Mon.- Thursday: 4pm. - 7:00 pm.