



Statesboro YMCA

Group Fitness

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

July 2018

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 Hannah Aerobic Studio		Cycle Express Terri Cycle Studio	Bootcamp Bria Aerobic Studio		
8:00AM	Morning Yoga Kirstyn Yoga Studio	WOD Jordan Wellness Center *7:30-8:30*	Boot Camp Hannah Wellness Center	HIIT Hannah Program Studio	WOD Jordan Wellness Center *7:30-8:30*	
	Boxing Circuit Austin Boxing Studio 8:15-9AM	Vinyasa Yoga- Kirstyn Yoga Studio		Restorative Yoga Kirstyn Yoga Studio		
9:00 AM	Zumba Tamica Program Studio	Awesome Abs Jasmyn Program Studio	Morning Yoga Kirstyn Yoga Studio	Total Body Blast Jasmyn Program Studio		Simply Core Phylcia Yoga Studio 9:30-10AM
					Morning Yoga Kirstyn Yoga Studio	
10:00 AM	Total Body Blast Jasmyn Program Studio	Step Dance Fusion Becca Program Studio		Barre Becca Yoga Studio		
10:30 AM	Active & Ageless Hannah Aerobic Studio	Zumba Gold Tamica Aerobic Studio	Active & Ageless Hannah Aerobic Studio	Zumba Gold Tamica Program Studio	Active & Ageless Bree Aerobic Studio	Boxing Circuit Austin Boxing Studio 10-10:45AM
12:00 PM			Strength Yoga Alexis Yoga Studio *12-1*			
1:00 PM		Chair Yoga Alexis Yoga Studio *1:30-2:30*				
5:00 PM				Kids Zumba Tamica Program Studio		
5:15 PM			Yogalates Kirstyn Yoga Studio *5-6 PM*	Boxing Circuit Austin Boxing Studio 5:30-6:15PM		
5:30 PM	Cardio Kick Boxing Hannah Aerobic Studio	Barre Becca Aerobic Studio	Hip Hop Phylcia Aerobic Room	Zumba Becca Aerobic Studio		
6:00 PM	Kids Yoga Kirstyn Yoga Studio					
6:30 PM		Boot Camp Hannah Aerobic Room 6:30 PM	Boot Camp Bree Aerobic Studio	Body Sculpt Phylcia Aerobic Room		
7:00 PM	Hip Hop Phylcia Aerobic Studio			Zumba Tamica Program 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			
8:30 AM						Cycle 45 Bria Cycle Studio
11:00 AM						
5:30 PM		Cycle/Yoga Alexis Cycle Studio	Cycle Terri Cycle Studio			
6:30 PM	Cycle 101 Terri Cycle Studio			Cycle & Weights Bree Cycle Studio *Starting July 11th*		

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

Mon.-Fri: 8:00 am-12:00 pm and 4:00 pm- 8pm

Saturday: 8:00 am - 12:00 pm

Y-Zone (ages 5-12)

Mon.-Fri: 8:00 am-12:00 pm and 4:00 pm-8pm

Saturday: 8:00 am - 12:00 pm

Notes to Know:

Summer camp has now started! Registration is still available, see the front desk for more information. Make sure to check out all of the new classes and instructors!!@