



Statesboro YMCA

Group Fitness

October 2018

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 Hannah Wellness Center		Cycle Express Terri Cycle Studio		HIIT Terri Wellness Center	
8:00AM		WOD Jordan Wellness Center * 7:30-8:30*	Boot Camp Hannah Wellness Center	HIIT Bree Wellness Center 7:30-8:30*	WOD Jordan Wellness Center * 7:30-8:30*	
	Boxing Circuit Austin Boxing Studio 8:15-9AM					
9:00 AM	Total Body Blast Jasmyrn Aerobic Studio *until 10/15*	Awesome Abs Jasmyrn Program Studio *until 10/15*		Total Body Blast Jasmyrn Program Studio *until 10/15*		Simply Core Phylcia Yoga Studio 9:30-10AM
			HIIT Bree Wellness Center			
10:00 AM		Step Dance Fusion Becca Aerobic Studio		Barre Becca Aerobic Studio		
11:00 AM	Active & Ageless Hannah Aerobic Studio		Active & Ageless Hannah Aerobic Studio		Chair Yoga Kevin Yoga Studio *until 10/15*	Boxing Circuit Austin Boxing Studio 10-10:45AM
					Bootcamp Bria Aerobic Studio	
12:00 PM	Chair Yoga Kevin Yoga Studio *until 10/15*		Chair Yoga Kevin Yoga Studio *until 10/15*			
5:00 PM						
5:15 PM				Boxing Circuit Austin Boxing Studio 5:30-6:15PM		
5:30 PM	Cardio Kick Boxing Hannah Aerobic Studio	Barre Becca Aerobic Studio		Step Dance Fusion Becca Aerobic Studio		
5:45 PM		HIIT Bree Wellness Center				
6:00 PM			Hip Hop Phylcia Aerobic Studio			
6:30 PM	Awesome Abs Bria Program Studio	Zumba Ron Program Studio	Boot Camp Bree Wellness Center			
7:00 PM	Hip Hop Phylcia Aerobic Studio					



Statesboro YMCA

CLASS DESCRIPTION

October 2018

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6 AM			Cycle Express Terri Cycle Studio			
8:30 AM						
11:00 AM						
5:30 PM			Cycle Terri Cycle Studio			
6:30 PM	Cycle 101 Terri Cycle Studio			Cycle & Core Bria Cycle Studio		

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

Mon.-Fri: 8:00 am-12:00 pm
Mon.-Thursday: 8am- 12pm & 4pm. -7:30 pm.
Saturday: 8:00 am - 12:00 pm

Y-Zone (ages 5-12)
Mon.- Thursday: 4pm. - 7:30 pm.

Notes to Know:

.Sign up for Adult Pick up Basketball!! Programs for fall are coming soon, please stop by the front desk to register.