



# GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>*Cycle &amp; Sculpt</b> 5:30 - 6:30 AM	<b>Step n' Sculpt</b> 5:30 - 6:30 AM	<b>*Cycle &amp; Sculpt</b> 5:30 - 6:30 AM	<b>Step n' Sculpt</b> 5:30 - 6:30 AM	<b>*Cycle &amp; Sculpt</b> 5:30 - 6:30 AM	
<b>Aquatic Class</b> <b>Walkin' &amp; Talkin</b> 8:30 - 9:30 AM	<b>Body Sculpting</b> 8:00 - 8:45 AM	<b>Aquatic Class</b> <b>Walkin' &amp; Talkin</b> 8:30 - 9:30 AM	<b>Body Sculpting</b> 8:00 - 8:45 AM	<b>Aquatic Class</b> <b>Walkin' &amp; Talkin</b> 8:30 - 9:30 AM	
<b>Yoga</b> 9:00 - 9:45 AM  <b>Aquatic Class</b> <b>Water Fitness</b> 9:30 - 10:30 AM	<b>Senior Stretch &amp; Strengthen</b> 9:00 - 9:45 AM	<b>Yoga</b> 9:00 - 9:45 AM  <b>Aquatic Class</b> <b>Water Fitness</b> 9:30 - 10:30 AM	<b>Senior Stretch &amp; Strengthen</b> 9:00 - 9:45 AM	<b>Aquatic Class</b> <b>ZUMBAqua</b> 9:30 - 10:15 AM	<b>ZUMBA</b> 9:30 - 10:15 AM  <b>Aquatic Class</b> <b>Deep Water</b> 9:30 - 10:30 AM
<b>*Cycling</b> 10:00 - 10:45 AM	<b>Pilates</b> 10:00 - 10:45 AM	<b>*Cycling</b> 10:00 - 10:45 AM	<b>Pilates</b> 10:00 - 10:45 AM	<b>*Cycling</b> 10:00 - 10:45 AM	<b>Cardio Power</b> 10:15 - 11:00 AM
<b>Body Sculpting</b> 11:00 - 11:45 AM	<b>ZUMBA</b> 11:00 - 11:45 AM	<b>Body Sculpting</b> 11:00 - 11:45 AM	<b>ZUMBA</b> 11:00 - 11:45 AM	<b>Body Sculpting</b> 11:00 - 11:45 AM	
	<b>Power Sculpt</b> 12:00 - 12:45 PM		<b>Power Sculpt</b> 12:00 - 12:45 PM		
<b>*Cycle &amp; Sculpt</b> 4:30 - 5:30 PM	<b>Strong &amp; Fit</b> 4:30 - 5:15 PM <b>Aquatic Class</b> <b>Deep Water</b> 4:30 - 5:15 PM	<b>*Cycle &amp; Sculpt</b> 4:30 - 5:30 PM	<b>Strong &amp; Fit</b> 4:30 - 5:15 PM <b>Aquatic Class</b> <b>Deep Water</b> 4:30 - 5:15 PM		<b>Sunday</b> <b>YOGA</b> 3:00 - 4:00 PM
	<b>Introductory</b> <b>Step n' Sculpt</b> 5:15 - 6:00 PM		<b>Introductory</b> <b>Step n' Sculpt</b> 5:15 - 6:00 PM		
<b>Step n' Sculpt</b> 5:30 - 6:30 PM  <b>Aquatic Class</b> <b>ZUMBAQUA</b> 5:30 - 6:15 PM	<b>Aquatic Class</b> <b>Deep Water</b> 5:30 - 6:15 PM	<b>Step n' Sculpt</b> 5:30 - 6:30 PM  <b>Aquatic Class</b> <b>ZUMBAQUA</b> 5:30 - 6:15 PM	<b>Aquatic Class</b> <b>Deep Water</b> 5:30 - 6:15 PM		<b>MOULTRIE Y</b> <b>601 26<sup>TH</sup> AVE. SE</b> <b>MOULTRIE, GA</b> <b>31768</b> <b>(229) 985-1154</b> <a href="http://www.moultrieymca.org">www.moultrieymca.org</a>
<b>10-10-10</b> 6:30 - 7:00 PM	<b>Yoga</b> 6:05 - 7:00 PM	<b>10-10-10</b> 6:30 - 7:00 PM	<b>ZUMBA</b> 6:00 - 6:45 PM		
<b>ZUMBA</b> 7:00 - 7:45 PM	<b>Pilates</b> 7:00 - 7:45 PM	<b>ZUMBA</b> 7:00 - 7:45 PM	<b>Pilates</b> 7:00 - 7:45 PM		<b>Revised 12/22/11</b>

**\*Reservations must be made at Member Service Desk for all Cycling Classes.**

**For instructor, information, please see schedule located outside  
Group Exercise Studio.**

**Classes are subject to change based on participation. All classes are COED.**

**Please see other side for description of classes.**