







Group Exercise Schedule January

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 5:30 - 6:15 AM Sculpt 6:15 - 7:00 AM (Jimmy Allegood)	Boot Camp 5:30 - 6:15 AM (Chuck Bannister)	Cycle 5:30 - 6:15 AM Sculpt 6:15 - 7:00 AM (Jimmy Allegood)	Boot Camp 5:30 - 6:15 AM (Chuck Bannister)	Cycle 5:30 - 6:15 AM Sculpt 6:15 - 7:00 AM (Jimmy Allegood)	
Aquatic Class Walkin' & Talkin' 8:30 - 9:30 AM	Body Sculpt 8:00 - 8:45 AM (Tammy Phillips)	Aquatic Class Walkin' & Talkin' 8:30 - 9:30 AM	Body Sculpt 8:00 - 8:45 AM (Tammy Phillips)	Aquatic Class Walkin' & Talkin' 8:30 - 9:30 AM	
Active Older Adult Movin' & Groovin' 8:30 - 9:15 AM (Jeanie Brown) Yoga 9:30 - 10:15 AM (Stan Savage) Aquatic Class Water Fitness 9:30 - 10:30 AM	Awesome Abs 8:45 - 9:15 AM (Jimmy Allegood) (Held in WellnessCenter)  Silver Sneakers Classic 9:00 - 9:45 AM (Kathy Warner)	Active Older Adult Movin' & Groovin' 8:30 - 9:15 AM (Jeanie Brown) Yoga 9:30 - 10:15 AM (Stan Savage) Aquatic Class Water Fitness 9:30 - 10:30 AM	Awesome Abs 8:45 - 9:15 AM (Jimmy Allegood) (Held in Wellness Center)  Silver Sneakers Classic 9:00 - 9:45 AM (Kathy Warner)	Beginner Chair Yoga 8:30 - 9:15 AM (Stan Savage) Yoga 9:30 - 10:15 AM (Stan Savage) Aquatic Class Water Fitness 9:30 - 10:30 AM	Cardio/Latin Dance 9:15 - 10:00 AM (Various Instructors)
Aquatic Class Deep Water 10:30 - 11:15 AM Express Cycling 10:30 - 11:00 AM (Megan Walker)	Pilates on the Ball 10:00 - 10:45 AM (Meghan Bryant)	Aquatic Class Deep Water 10:30 - 11:15 AM Cycle n' Sculpt 10:30 - 11:30 AM (Meghan Bryant)	Pilates on the Ball 10:00 - 10:45 AM (Meghan Bryant)	Aquatic Class Deep Water 10:30 - 11:15 AM Cycle n' Sculpt 10:30 - 11:30 AM (Meghan Bryant)	Classes are subject to change based on participation. All classes are COED.
Body Sculpt Interval 11:00 - 11:45 AM (Megan Walker)	Body Sculpt Interval 11:00 - 11:45 AM (Meghan Bryant)		Body Sculpt Interval 11:00 - 11:45 AM (Meghan Bryant)		
	FIT and WELL Butts and Guts 12:00 - 12:45 PM (Ginny Henry)  Silver Sneakers Classic 2:00 - 2:45 PM (Kathy Warner)	FIT and WELL Armed and Dangerous 12:00 - 12:45 PM (Ginny Henry)	FIT and WELL Jumpstart 12:00 - 12:45 PM (Ginny Henry) NEW! Yoga 1:00 - 1:45 PM (Abby Voigt)	 Silver Sneakers Classic 2:00 - 2:45 PM (Kathy Warner)	
Cardio Dance 4:30 - 5:15 PM (Stephanie Brooks)	Cardio Dance 4:30 - 5:15 PM (Stephanie Brooks)	Circuit Training 4:30 - 5:15 PM (Meghan Bryant)	Cardio Dance 4:30 - 5:15 PM (Stephanie Brooks)		
Step n' Sculpt 5:30 - 6:15 PM (Susan Lewis)	Cardio Blast 5:15 - 6:00 PM (Ashton Wilson) Aquatic Class Deep Water Toning 5:30 - 6:15 PM	Step n' Sculpt 5:30 - 6:15 PM (Susan Lewis)	Body Sculpt 5:15 - 6:00 PM (Susan Lewis) Aquatic Class Deep Water Toning 5:30 - 6:15 PM		MOULTRIE YMCA 601 26 TH AVE. SE MOULTRIE, GA 31768 (229) 985-1154 www.moultrieymca.org
Cycle n' Sculpt 6:15 - 7:00 PM (Ashton Wilson)	Pilates 6:00 - 6:45PM (Shannon Stevens)	Yoga Flow 6:30 - 8:00 PM (Danielle Posey)	Pilates 6:00 - 6:45PM (Shannon Stevens)		
Latin Dance 7:00 - 7:45 PM (Leslie Peretti)	Cardio Dance 7:00 - 7:45 PM (Mandy Kinsey)		Cardio Dance 7:00 - 7:45 PM (Mandy Kinsey)		Revised 01/01/2018