







## Group Exercise Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cycle</b> 5:30 - 6:15 AM <b>Sculpt</b> 6:15 - 7:00 AM <b>(Jimmy Allegood)</b>	<b>Boot Camp</b> 5:30 - 6:15 AM <b>(Chuck Bannister)</b>	<b>Cycle</b> 5:30 - 6:15 AM <b>Sculpt</b> 6:15 - 7:00 AM <b>(Jimmy Allegood)</b>	<b>Boot Camp</b> 5:30 - 6:15 AM <b>(Chuck Bannister)</b>	<b>Cycle</b> 5:30 - 6:15 AM <b>Sculpt</b> 6:15 - 7:00 AM <b>(Jimmy Allegood)</b>	
<b>Aquatic Class</b> <b>Walkin' &amp; Talkin</b> 8:30 - 9:30 AM	<b>Body Sculpt</b> 8:00 - 8:45 AM <b>(Tammy Phillips)</b>	<b>Aquatic Class</b> <b>Walkin' &amp; Talkin</b> 8:30 - 9:30 AM	<b>Body Sculpt</b> 8:00 - 8:45 AM <b>(Tammy Phillips)</b>	<b>Aquatic Class</b> <b>Walkin' &amp; Talkin</b> 8:30 - 9:30 AM	
<b>Active Older Adult</b> <b>Movin' &amp; Groovin</b> 8:30 - 9:15 AM <b>(Jeanie Brown)</b>  <b>Yoga</b> 9:20 - 10:30 AM <b>(Stan Savage)</b>  <b>Aquatic Class</b> <b>Water Fitness</b> 9:30 - 10:30 AM	 <b>Silver Sneakers</b> <b>Classic</b> 9:00 - 9:45 AM <b>(Kathy Warner)</b>	<b>Active Older Adult</b> <b>Movin' &amp; Groovin</b> 8:30 - 9:15 AM <b>(Jeanie Brown)</b>  <b>Yoga</b> 9:20 - 10:30 AM <b>(Stan Savage)</b>  <b>Aquatic Class</b> <b>Water Fitness</b> 9:30 - 10:30 AM	 <b>Silver Sneakers</b> <b>Classic</b> 9:00 - 9:45 AM <b>(Kathy Warner)</b>	<b>Beginner Chair Yoga</b> 8:30 - 9:15 AM <b>(Stan Savage)</b>  <b>Yoga</b> 9:20 - 10:30 AM <b>(Stan Savage)</b>  <b>Aquatic Class</b> <b>Water Fitness</b> 9:30 - 10:30 AM	
<b>Yin Yoga</b> <b>Deep Stretch</b> 10:35 - 11:35 AM <b>(Charmaine Johnson)</b>  <b>Aquatic Class</b> <b>Deep Water</b> 10:30 - 11:15 AM  <b>Aquatic Class</b> <b>H2OGA</b> 10:30 - 11:15 AM	<b>Pilates</b> 10:00 - 10:45 AM <b>(Jeanie Brown)</b>	<b>Yin Yoga</b> <b>Deep Stretch</b> 10:35 - 11:35 AM <b>(Charmaine Johnson)</b>  <b>Aquatic Class</b> <b>Deep Water</b> 10:30 - 11:15 AM  <b>Aquatic Class</b> <b>H2OGA</b> 10:30 - 11:15 AM	<b>Pilates</b> 10:00 - 10:45 AM <b>(Jeanie Brown)</b>	<b>Aquatic Class</b> <b>Deep Water</b> 10:30 - 11:15 AM  <b>Aquatic Class</b> <b>H2OGA</b> 10:30 - 11:15 AM	<b>Classes are subject to change based on participation. All classes are COED.</b>
<b>Cardio Dance</b> 11:35 - 12:15 PM <b>(Stephanie Brooks)</b>		<b>Cardio Dance</b> 11:35 - 12:15 PM <b>(Stephanie Brooks)</b>		<b>Cardio Dance</b> 11:35 - 12:15 PM <b>(Stephanie Brooks)</b>	
	 <b>Silver Sneakers</b> <b>Classic</b> 2:00 - 2:45 PM <b>(Kathy Warner)</b>			 <b>Silver Sneakers</b> <b>Classic</b> 2:00 - 2:45 PM <b>(Kathy Warner)</b>	
<b>Cardio Dance</b> 4:30 - 5:15 PM <b>(Mandy Kinsey)</b>	<b>Cardio Dance</b> 4:30 - 5:15 PM <b>(Stephanie Brooks)</b>	<b>Body Sculpting</b> 4:30 - 5:15 PM <b>(Susan Lewis)</b>	<b>Cardio Dance</b> 4:30 - 5:15 PM <b>(Stephanie Brooks)</b>	<b>Cardio Dance</b> 4:30 - 5:15 PM <b>(Mandy Kinsey)</b>	
<b>Step n' Sculpt</b> 5:30 - 6:15 PM <b>(Susan Lewis)</b>	<b>Cycle n' Sculpt</b> 5:15 - 6:00 PM <b>(Ashton Eunice)</b>	<b>Step n' Sculpt</b> 5:30 - 6:15 PM <b>(Susan Lewis)</b>	<b>Body Sculpt</b> 5:15 - 6:00 PM <b>(Susan Lewis)</b>		<b>MOULTRIE YMCA</b> <b>601 26<sup>TH</sup> AVE. SE</b> <b>MOULTRIE, GA 31768</b> <b>(229) 985-1154</b> <a href="http://www.moultrieymca.org">www.moultrieymca.org</a>
<b>Cycle n' Sculpt</b> 6:15 - 7:00 PM <b>(Ashton Eunice)</b>	<b>Pilates</b> 6:00 - 6:45PM <b>(Shannon Stevens)</b>	<b>Yoga Flow</b> 6:30 - 8:00 PM	<b>Pilates</b> 6:00 - 6:45PM <b>(Shannon Stevens)</b>		

<b>Yin Yoga Deep Stretch 7:00 - 8:00 PM (Charmaine Johnson)</b>		<b>(Charmaine Johnson)</b>			Revised 1/01/2019
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