

# GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>*Cycling</b> 5:30-6:15 AM (Jimmy Allegood)	<b>*Cycling</b> 5:30-6:15 AM (LeAnn Owens)	<b>*Cycling</b> 5:30-6:15 AM (Jimmy Allegood)	<b>*Cycling</b> 5:30-6:15 AM (LeAnn Owens)	<b>*Cycling</b> 5:30-6:15 AM (Jimmy Allegood)	
<b>Movin' &amp; Groovin' Aerobics</b> 8:30-9:15 AM (Jeanie Brown)  Aquatic Class Walkin' & Talkin 8:30-9:30 AM (Jessica Rockwell)	<b>Body Sculpting</b> 8:00-8:45 AM (Hope Moore)	<b>Movin' &amp; Groovin' Aerobics</b> 8:30-9:15 AM (Jeanie Brown)  Aquatic Class Walkin' & Talkin 8:30-9:30 AM (Jessica Rockwell)	<b>Body Sculpting</b> 8:00-8:45 AM (Jessica Rockwell)	          Aquatic Class Walkin' & Talkin 8:30-9:30 AM (Jessica Rockwell)	
<b>Cycling</b> 10:00-10:45 AM (Jessica Rockwell)  Aquatic Class Water Fitness 9:30-10:30 AM (Leslie Peretti)	<b>Senior Stretch &amp; Strengthen</b> 9:00-9:45 AM (Jeri Croyle)	<b>Cycling</b> 10:00-10:45 AM (Jessica Rockwell)  Aquatic Class ZUMBAQUA 9:30-10:30 AM (Leslie Peretti)	<b>Senior Stretch &amp; Strengthen</b> 9:00-9:45 AM (Jeri Croyle)	<b>Cycling</b> 10:00-10:45 AM (Jessica Rockwell)  Aquatic Class Water Fitness 9:30-10:30 AM (Leslie Peretti)	<b>Aquatic Class</b> See Flyer for Class & Instructor 9:15-10:00 AM
	<b>Pilates</b> 10:00 – 10:45AM (Jessica Rockwell)		<b>Pilates</b> 10:00 – 10:45AM (Jessica Rockwell)		<b>Step &amp; Sculpt</b> 10:30 – 11:30 AM (Susan Lewis)
<b>Body Sculpting</b> 11:00-11:45 AM (Jessica Rockwell)	<b>ZUMBA</b> 11:00-11:45 AM (Stephanie Brooks)	<b>Body Sculpting</b> 11:00-11:45 AM (Jessica Rockwell)	<b>ZUMBA</b> 11:00-11:45 AM (Stephanie Brooks)	<b>Body Sculpting</b> 11:00-11:45 AM (Jessica Rockwell)	
<b>Body Sculpting</b> 12:00-12:45 PM (Nick Bennett)	<b>Express Step</b> 12:00 -12:30 PM (Jessica Rockwell)	<b>Body Sculpting</b> 12:00-12:45 PM (Nick Bennett)	<b>Express Step</b> 12:00 -12:30 PM (Jessica Rockwell)	<b>Cardio Sculpt</b> 12:00-12:45 PM (Hope Moore)	
<b>Kickboxing/H.E.A.T.</b> 4:30-5:30 PM (Kim Luque)	<b>Cardio Sculpt</b> 4:00- 4:45 PM (Hope Moore)	<b>Kickboxing/H.E.A.T.</b> 4:30-5:30 PM (Kim Luque)	<b>Cardio Sculpt</b> 4:00- 4:45 PM (Hope Moore)	<b>*Cycling</b> 4:30-5:15 PM (LeAnn Owens)	
	<b>INTRODUCTORY</b> <b>Step n' Sculpt</b> 5:15-6:00 PM (Susan Lewis)		<b>INTRODUCTORY</b> <b>Step n' Sculpt</b> 5:15-6:00 PM (Susan Lewis)		
<b>Step n' Sculpt</b> 5:30-6:30 PM (Susan Lewis)  Aquatic Class ZUMBAQUA 5:45-6:30 PM (Kim Luque)	<b>Aquatic Class</b> Deep Water Aerobics 5:30-6:15 PM (Link Whitaker)	<b>Step n' Sculpt</b> 5:30-6:30 PM (Susan Lewis)	<b>Aquatic Class</b> Deep Water Aerobics 5:30-6:15 PM (Link Whitaker)          Aquatic Class ZUMBAQUA 6:15 – 7:00 PM (Kim Luque)		
<b>10-10-10</b> 6:30-7:00 PM (Susan Lewis)	<b>Yoga</b> 6:15-7:00 PM (Amber Schwalls)	<b>10-10-10</b> 6:30-7:00 PM (Susan Lewis)	<b>Pilates</b> 6:00-6:45 PM (Katie Murray)	<b>MOULTRIE YMCA</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.moultriyymca.org">www.moultriyymca.org</a>	
<b>ZUMBA</b> 7:00-7:45 PM (Stephanie Brooks)	<b>*Cycling</b> 7:00-7:45 PM (Jeff Jeffords)	<b>ZUMBA</b> 7:00-7:45 PM (Stephanie Brooks)	<b>ZUMBA</b> 7:00-7:45 PM (Leslie Peretti)	<b>Revised 7/26/10</b>	

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

Classes are subject to change based on participation.

All classes are COED.

[www.moultriyymca.org](http://www.moultriyymca.org)