

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Cycling 5:30-6:15 AM (Jimmy Allegood)	*Cycling 5:30-6:15 AM (LeAnn Owens)	*Cycling 5:30-6:15 AM (Jimmy Allegood)	*Cycling 5:30-6:15 AM (LeAnn Owens)	*Cycling 5:30-6:15 AM (Jimmy Allegood)	
Movin' & Groovin' Aerobics 8:30-9:15 AM (Jeanie Brown) Aquatic Class Walkin' & Talkin 8:30-9:30 AM (Jessica Rockwell)	Body Sculpting 8:00-8:45 AM (Jessica Rockwell)	Movin' & Groovin' Aerobics 8:30-9:15 AM (Jeanie Brown) Aquatic Class Walkin' & Talkin 8:30-9:30 AM (Jessica Rockwell)	Body Sculpting 8:00-8:45 AM (Jessica Rockwell)	Aquatic Class Walkin' & Talkin 8:30-9:30 AM (Jessica Rockwell)	
Step n' Sculpt 9:45-10:30 AM (Jessica Rockwell) Aquatic Class Water Fitness 9:30-10:30 AM (Leslie Peretti)	Senior Stretch & Strengthen 9:00-9:45 AM (Jeri Croyle)	Step n' Sculpt 9:45-10:30 AM (Jessica Rockwell) Aquatic Class ZUMBAQUA 9:30-10:15 AM (Leslie Peretti)	Senior Stretch & Strengthen 9:00-9:45 AM (Jeri Croyle)	Step n' Sculpt 9:45-10:30 AM (Jessica Rockwell) Aquatic Class Water Fitness 9:30-10:30 AM (Leslie Peretti)	
	Pilates 10:00 – 10:45AM (Jessica Rockwell)		Pilates 10:00 – 10:45AM (Heather Larson)		Step & Sculpt 10:30 – 11:30 AM (Susan Lewis)
Low Impact Body Sculpting 11:00-11:45 AM (Jessica Rockwell)	ZUMBA 11:00-11:45 AM (Stephanie Brooks)	Low Impact Body Sculpting 11:00-11:45 AM (Jessica Rockwell)	ZUMBA 11:00-11:45 AM (Stephanie Brooks)	Low Impact Body Sculpting 11:00-11:45 AM (Jessica Rockwell)	
Body Sculpting 12:00-12:45 PM (Nick Bennett)	*Express Cycling 12:00 -12:30 PM (LeAnn Owens)	Body Sculpting 12:00-12:45 PM (Nick Bennett)	*Express Cycling 12:00 -12:30 PM (LeAnn Owens)	Cardio Sculpt 12:00-12:45 PM (Hope Moore)	
Kickboxing/H.E.A.T. 4:30-5:30 PM (Kim Luque)	Cardio Sculpt 4:00- 4:50 PM (Hope Moore)	Kickboxing/H.E.A.T. 4:30-5:30 PM (Kim Luque)	Cardio Sculpt 4:00- 4:50 PM (Hope Moore)	*Cycling 4:30-5:15 PM (LeAnn Owens)	
	INTRODUCTORY Step n' Sculpt 5:15-6:00 PM (Susan Lewis)		INTRODUCTORY Step n' Sculpt 5:15-6:00 PM (Susan Lewis)		
Aquatic Class ZUMBAQUA 5:45-6:30 PM (Kim Luque) Step n' Sculpt 5:30-6:30 PM (Susan Lewis)	Aquatic Class Deep Water Aerobics 5:30-6:15 PM (Link Whitaker)	Step n' Sculpt 5:30-6:30 PM (Susan Lewis)	Aquatic Class Deep Water Aerobics 5:30-6:15 PM (Link Whitaker) Aquatic Class ZUMBAQUA 6:15 – 7:00 PM (Kim Luque)		
10-10-10 6:30-7:00 PM (Susan Lewis)	Yoga 6:15-7:00 PM (Amber Schwalls)	10-10-10 6:30-7:00 PM (Susan Lewis)	Pilates 6:00-6:45 PM (Robin McCord)	MOULTRIE YMCA 601 26TH AVE. SE MOULTRIE, GA 31768 (229) 985-1154 www.moultriemca.org	
ZUMBA 7:00-7:45 PM (Stephanie Brooks)	*Cycling 7:00-7:45 PM (Jeff Jeffords)	ZUMBA 7:00-7:45 PM (Stephanie Brooks)	ZUMBA 7:00-7:45 PM (Leslie Peretti)	Revised 5/27/10	

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

Classes are subject to change based on participation.

All classes are COED.

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