



Serving Moultrie & Colquitt County

# GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Cycling 5:30-6:15 AM	*Cycling 5:30-6:15 AM	*Cycling 5:30-6:15 AM	*Cycling 5:30-6:15 AM	*Cycling 5:30-6:15 AM	
Movin' & Groovin' Aerobics 8:30-9:15 AM Aquatic Class Walkin' & Talkin 8:30 - 9:30 AM	Body Sculpting 8:00-8:45 AM	Movin' & Groovin' Aerobics 8:30-9:15 AM Aquatic Class Walkin' & Talkin 8:30 - 9:30 AM	Body Sculpting 8:00-8:45 AM	Aquatic Class Walkin' & Talkin 8:30 - 9:30 AM	
*Cycling 9:30-10:15 AM Aquatic Class Water Fitness 9:30 - 10:30 AM	Senior Stretch & Strengthen 9:00-9:45 AM	*Cycling 9:30-10:15 AM Aquatic Class Water Fitness 9:30 - 10:30 AM	Senior Stretch & Strengthen 9:00-9:45 AM	ZUMBA 9:30-10:15 AM Aquatic Class ZUMBAQUA 9:30 - 10:15 AM	
	Pilates 10:00 - 10:45 AM		Pilates 10:00 - 10:45 AM		Step & Sculpt 10:30 - 11:30 AM
Body Sculpting 11:00-11:45 PM	ZUMBA 11:00 - 11:45 AM	Body Sculpting 11:00-11:45 PM			
Body Sculpting 12:00-12:45 PM		Body Sculpting 12:00-12:45 PM		Body Sculpting 12:00-12:45 PM	
Kickboxing/H.E.A.T 4:30-5:20 PM	Body Sculpting 4:00 - 4:45 PM	Kickboxing/H.E.A.T 4:30-5:20 PM	Body Sculpting 4:00 - 4:45 PM	*Cycling 4:30-5:15 PM	
	INTRODUCTORY Step n' Sculpt 5:15-6:00 PM		ZUMBA 5:00-5:45 PM		
Step n' Sculpt 5:30-6:20 PM Aquatic Class ZUMBAQUA 5:30-6:15 PM	Aquatic Class Deep Water Aerobics 5:30 - 6:15 PM	Step n' Sculpt 5:30-6:20 PM Aquatic Class ZUMBAQUA 5:45-6:30 PM	Aquatic Class Deep Water Aerobics 5:30 - 6:15 PM		
10-10-10 6:30-7:00 PM	Yoga 6:15-7:00 PM	10-10-10 6:30-7:00 PM	Pilates 6:00-6:45 PM		MOULTRIE YMCA 601 26 <sup>TH</sup> AVE. SE MOULTRIE, GA 31768 (229) 985-1154
ZUMBA 7:00-7:45 PM	*Cycling 7:00-7:45 PM	ZUMBA 7:00-7:45 PM	*Cycling 7:00-7:45 PM	Revised 2/15/10	

\*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.  
[www.moultrieymca.org](http://www.moultrieymca.org)