



GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Cycle 5:30 - 6:05 AM Sculpt 6:10 - 6:50 AM	I.C.E. Interval Cardio Energy 5:30 - 6:15 AM	*Cycle 5:30 - 6:05 AM Sculpt 6:10 - 6:50 AM	I.C.E. Interval Cardio Energy 5:30 - 6:15 AM	*Cycle 5:30 - 6:05 AM Sculpt 6:10 - 6:50 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	Body Sculpting 8:00 - 8:45 AM	Aquatic Class Walkin' & Talkin 8:30 - 9:30 AM	
Land Walkin' & Talkin 9:00 - 9:30 AM Class held in the gym Yoga 9:00 - 9:45 AM Aquatic Class Water Fitness 9:30 - 10:30 AM	Senior Stretch & Strengthen 9:00 - 9:45 AM	Land Walkin' & Talkin 9:00 - 9:30 AM Class held in the gym Yoga 9:00 - 9:45 AM Aquatic Class Water Fitness 9:30 - 10:30 AM	Senior Stretch & Strengthen 9:00 - 9:45 AM		Aquatic Class Deep Water 9:15 - 10:00 AM ZUMBA 9:30 - 10:15 AM
*Cycling 10:00 - 10:45 AM	Pilates 10:00 - 10:45 AM	*Cycling 10:00 - 10:45 AM	Pilates 10:00 - 10:45 AM	*Cycling 10:00 - 10:45 AM	Cardio Power 10:15 - 11:00 AM
Body Sculpting 11:00 - 11:45 AM	ZUMBA 11:00 - 11:45 AM	Body Sculpting 11:00 - 11:45 AM	ZUMBA 11:00 - 11:45 AM	Body Sculpting 11:00 - 11:45 AM	*Cycling 11:00 - 11:45 AM
Cardio Kickboxing 12:00 - 12:45 PM	Power Sculpt 11:45 - 12:45	Cardio Kickboxing 12:00 - 12:45 PM	Power Sculpt 11:45 - 12:45	Cardio Kickboxing 12:00 - 12:45 PM	
*Cycle & Sculpt 4:30 - 5:00 PM Sculpt 5:00 - 5:25 PM	Strong & Fit 4:30 - 5:15 PM Aquatic Class Deep Water 4:30 - 5:15 PM	*Cycle & Sculpt 4:30 - 5:00 PM Sculpt 5:00 - 5:25 PM	Strong & Fit 4:30 - 5:15 PM Aquatic Class Deep Water 4:30 - 5:15 PM	*Cycling 4:30 - 5:15 PM	Sunday YOGA 3:00 - 4:00 PM
	Introductory Step n' Sculpt 5:15 - 6:00 PM		Introductory Step n' Sculpt 5:15 - 6:00 PM		
Step n' Sculpt 5:30 - 6:30 PM Aquatic Class ZUMBAQUA 5:30 - 6:15 PM	Aquatic Class Deep Water 5:30 - 6:15 PM	Step n' Sculpt 5:30 - 6:30 PM Aquatic Class ZUMBAQUA 5:30 - 6:15 PM	Aquatic Class Deep Water 5:30 - 6:15 PM		MOULTRIE Y 601 26TH AVE. SE MOULTRIE, GA 31768 (229) 985-1154 www.moultrieymca.org
10-10-10 6:30 - 7:00 PM	Yoga 6:05 - 7:00 PM	10-10-10 6:30 - 7:00 PM	Pilates 7:00 - 7:45 PM		
ZUMBA 7:00 - 7:45 PM	ZUMBA 7:00 - 7:45 PM	ZUMBA 7:00 - 7:45 PM	ZUMBA 7:00 - 7:45 PM		Revised 02/02/12

*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.