

# YMCA

## Serving Moultrie & Colquitt County

C E R E B Y T Z C H E D R I E

- Cycling Express •Cycling • Movin' & Groovin' •Senior Stretch & Strengthen •Body Sculpting  
 •Kickboxing/H.E.A.T. •Step n' Sculpt •10-10-10 •Zumba Master Class •Zumba •Zumba Gold •Zumbaqua •Pilates  
 •Deep Water Aerobics •Walkin' & Talkin' •Water Fitness Aerobics •Recreation Swim •Lap Swim •Yoga

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLING 5:30 - 6:15 a.m.	CYCLING 5:30 - 6:15 a.m.	CYCLING 5:30 - 6:15 a.m.	CYCLING 5:30 - 6:15 a.m.	CYCLING 5:30 - 6:15 a.m.	LAP SWIM 9:00 - 11:00 a.m.
LAP SWIM 5:30 - 7:00 a.m.	BODY SCULPTING 8:00 - 8:45 a.m.	LAP SWIM 5:30 - 7:00 a.m.	BODY SCULPTING 8:00 - 8:45 a.m.	LAP SWIM 5:30 - 7:00 a.m.	
	SENIOR STRETCH & STRENGTHEN 9:00 - 9:45 a.m.		SENIOR STRETCH & STRENGTHEN 9:00 - 9:45 a.m.		
MOVIN & GROOVIN 8:30 - 9:15 a.m.	PILATES 10:00 - 10:45 a.m.	MOVIN & GROOVIN 8:30 - 9:15 a.m.	PILATES 10:00 - 10:45 a.m.	WALKIN' AND TALKIN' 8:30 - 9:30 a.m.	
WALKIN' AND TALKIN' 8:30 - 9:30 a.m.	ZUMBA 11:00 - 11:45 a.m.	WALKIN' AND TALKIN' 8:30 - 9:30 a.m.	LAP SWIM 11:30 - 1:00 p.m.		
CYCLING 9:30 - 10:15 a.m.	LAP SWIM 11:30 - 1:00 p.m.	CYCLING 9:30 - 10:15 a.m.		ZUMBA 9:30 - 10:15 a.m.	
WATER FITNESS AEROBICS 9:30 - 10:30 a.m.	CYCLING EXPRESS 12:00 - 12:30 p.m.	ZUMBAQUA 9:30 - 10:15 a.m.	BODY SCULPTING 4:00 - 4:45 p.m.	WATER FITNESS AEROBICS 9:30 - 10:30 a.m.	INSTRUCTORS CHOICE 9:15 - 10:15
LAP SWIM 11:30 a.m. - 1:00 p.m.	LAP SWIM 4:00 - 6:00 p.m.	LAP SWIM 11:30 a.m. - 1:00 p.m.	LAP SWIM 4:00 - 6:00 p.m.	LAP SWIM 11:30 a.m. - 1:00 p.m.	
			ZUMBA 5:00 - 5:45 a.m.		
BODY SCULPTING 12:00 - 12:45 p.m.	BODY SCULPTING 4:00 - 4:45 p.m.	BODY SCULPTING 12:00 - 12:45 p.m.		BODY SCULPTING 12:00 - 12:45 p.m.	
LAP SWIM 4:00 - 6:00 p.m.	STEP N' SCULPT 5:15 - 6:00 p.m.			CYCLING 4:30 - 5:15 p.m.	
Kickboxing/H.E.A.T. 4:30 - 5:20 p.m.	DEEP WATER AEROBICS 6:00 6:45 p.m.	Kickboxing/H.E.A.T. 4:30 - 5:20 p.m.	DEEP WATER AEROBICS 6:00 6:45 p.m.	RECREATION SWIM 7:00 - 8:30 p.m.	
STEP N' SCULPT 5:30 - 6:20 p.m.	YOGA 6:15 - 7:00 p.m.	STEP N' SCULPT 5:30 - 6:20 p.m.	PILATES 6:00 - 6:45 p.m.		
ZUMBAQUA 5:45 - 6:30 p.m.		ZUMBAQUA 5:45 - 6:30 p.m.			
10 10 10 6:30 - 7:00 p.m.	CYCLING 7:00 - 7:45 p.m.	10 10 10 6:30 - 7:00 p.m.	CYCLING 7:00 - 7:45 p.m.		
RECREATION SWIM 7:00 - 7:45 p.m.	RECREATION SWIM 7:00 - 8:30 p.m.	ZUMBA 7:00 - 7:45 p.m.	RECREATION SWIM 7:00 - 8:30 p.m.		