HOPKINS COUNTY FAMILY YMCA GROUP EX SCHEDULE



MON	TUES	WED	THURS	FRI	SAT	
TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	MAX INTERVAL TRAINING 5:30AM-6:00AM STUDIO B	TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	MAX INTERVAL TRAINING 5:30AM-6:00AM STUDIO B	GROUP CYCLING 5:15AM-6:15AM CYCLING	BARBELLES 8:45AM-9:45AM GYM	
BODY PUMP 5:30AM-6:30AM STUDIO B	ZUMBA TONE 8:15AM-9:15AM STUDIO A	BODY PUMP 5:30AM-6:30AM STUDIO B	HOT YOGA 5:30AM-6:30AM YOGA STUDIO	TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	WATER X 9:00AM-9:45AM 5MALL POOL	
STRENGTH 8:15AM-9:15AM GYM	HOT YOGA 8:30AM-9:30AM YOGA STUDIO	STRENGTH 8:15AM-9:15AM GYM	BODY PUMP 8:00AM-9:00AM STUDIO B	BODY PUMP 5:30AM-6:30AM STUDIO B	RESTORATIVE YOGA 10:00AM-11:00AM STUDIO A	
SWEAT 8:30AM-9:30AM STUDIO B	ARTHRITIS AQUATICS 8:30AM-9:15AM POOL	SWEAT 8:30AM-9:30AM STUDIO B	ZUMBA TONE 8:15AM-9:15AM STUDIO A	HOT YOGA 8:30AM-9:30AM YOGA STUDIO	HOT YOGA 10:00AM-11:00AM YOGA STUDIO	
WATER WALKING 8:30AM-9:30AM POOL	FOREVER FIT 9:30AM-10:30AM GYM	HOT YOGA 8:30AM-9:30AM YOGA STUDIO	ARTHRITIS AQUATICS 8:30AM-9:15AM POOL	SWEAT 8:30AM-9:30AM STUDIO B		
HOT YOGA 9:30AM-10:30AM STUDIO B	YOGA 10:00AM-11:00AM STUDIO B	WATER WALKING 8:30AM-9:30AM POOL	HOT YOGA 9:15AM-10:15AM YOGA STUDIO	WATER WALKING 8:30AM-9:30AM POOL		
YOGA 9:45AM-10:30AM STUDIO B	CHAIR YOGA 10:30AM-11:15AM INTERGEN ROOM	ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM	FOREVER FIT 9:30AM-10:30AM GYM	YOGA 8:45AM-9:45AM YOGA STUDIO		
ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM	RHYTHM 4:15PM-5:00PM GYM	YOGA 9:45AM-10:45AM STUDIO B	YOGA 9:45AM-10:30AM STUDIO B	ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM		
ROCK STEADY BOXING 11:00AM-12:00PM GYM		ROCK STEADY BOXING 11:00AM-12:00PM GYM	CHAIR YOGA 10:30AM-11:15AM INTERGEN ROOM	YOGA 10:00AM-11:00AM STUDIO A		
STRONGER 4:15PM-5:00PM GYM		STRONGER 4:15PM–5:00PM GYM	RHYTHM 4:15PM-5:00PM GYM	ROCK STEADY BOXING 11:00AM-12:00PM GYM		
					YOGA	
				STRENGTH & CARDIO		
				STRENGTH		
				AQUATICS		
					CARDIO	

HOPKINS COUNTY FAMILY YMCA GROUP EX SCHEDULE



MON	TUES	WED	THURS	FRI	SAT	
HOT YOGA 5:00PM-6:00PM YOGA STUDIO	TONE & SCULPT BARRE 4:45PM-5:30PM BARRE STUDIO	INTRO TO HOT YOGA 5:00PM-5:45PM YOGA STUDIO	TONE & SCULPT BARRE 4:45PM-5:30PM BARRE STUDIO			
BODY PUMP 5:00PM-5:45PM STUDIO B	GROUP CYCLING 5:00PM-6:00PM CYCLING	GROUP CYCLING 5:30PM-6:30PM CYCLING STUDIO	WATER AEROBICS 6:00PM-6:45PM POOL			
GROUP CYCLING 5:30PM-6:30PM CYCLING STUDIO	TURN UP FITNESS 5:00PM-6:00PM GYM	YOGA 6:00PM-7:00PM STUDIO B				
YOGA 6:00PM-7:00PM STUDIO B	PILATES 5:45PM-6:30PM STUDIO B					
HOT YOGA 6:30PM-7:30PM YOGA STUDIO	WATER AEROBICS 6:00PM-6:45PM POOL					
	HOT YOGA 6:30PM-7:30PM YOGA STUDIO					
					CARDIO	
				YOGA		
				AGING ADULT FOCUSED		
				STRENGTH & CARDIO		
				STRENGTH		
				AQUATICS		