

Kings Mountain Family YMCA Fitness Schedule

June 2010

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM		Pedal & Pump Liza Cycle Room		Extreme Cycle Larry Cycle Room	
5:15 AM		Zumba® Dee Group Exercise Room			Zumba® Dee Group Exercise Room
9:30 AM	Aqua Chastity/Candace HS Pool	Yoga Candace Yoga Room (Board Room)	Aqua Candace/Chastity HS Pool		Aqua Chastity/Candace HS Pool
			WOSAA Melissa Group Exercise Room		
10:30 AM	Seniors in Motion Mon, Wed, & Fri @ 10:30 am Patrick Senior Center	Silver Sneakers® (10:45) Jill Yoga Room (Board Room)	Pilates Melissa Yoga Room (Board Room)	Silver Sneakers® (10:45) Jill Yoga Room (Board Room)	Seniors in Motion Ginger Patrick Senior Center
3:00 PM 4:00		Xpress Cardio Darrick Group Exercise Room		Xpress Cardio Darrick Group Exercise Room	
4:30 PM		Flex	Hip Hop Hustle Nicole Group Exercise Room	Flex	
5:00 PM	Core & More (30 minutes) Candace Yoga Room (Board Room)	Melissa Group Exercise Room	Body Sculpt Tina Group Exercise Room	Candace Group Exercise Room	
5:30 PM	Extreme Cycle Candace Cycle Room			Extreme Cycle Nicole/Candace Cycle Room	
5:30PM	Tone Zone (30 minutes) Lindsey Group Exercise Room	Turbo Kick® Nicole Group Exercise Room		Zumba® (5:30pm) Dee Group Exercise Room	
6:00 PM	Zumba @ Dee Group Exercise Room	Aqua Aerobics Candace Outdoor Pool @ the YMCA		Aqua Aerobics Chastity Outdoor Pool @ the YMCA	
6:30 PM				Yoga Candace Yoga Room	

Saturdays

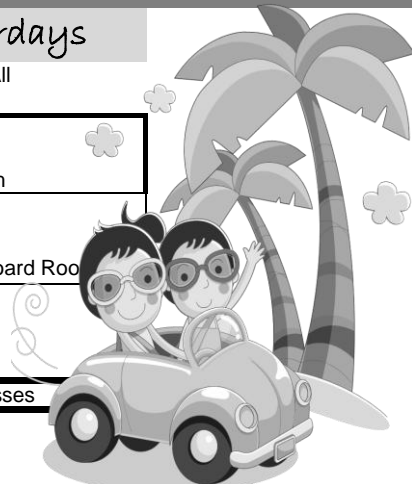
All

8:45 AM FLEX
Candace
Group Ex Room

9:30 AM Yoga
Candace
Yoga Room (Board Room)

10:00AM

No Sunday classes



Welcome to summer at the YMCA! We have added some classes and moved others so please let us know what you think. We are here to serve you!