



# GROUP EXERCISE SCHEDULE FLOWOOD

Effective: 01/9/2019

CLASS PARTICIPANTS MUST BE 13 YEARS OR OLDER

## MONDAY

CLASS	INSTRUCTOR	LOCATION
<b>5:00am</b> <b>Boot Camp</b>	<b>Jill</b>	<b>Arena</b>
5:30am Abs/Cycle	Marc	Cycle Room
8:00am Beginner Sculpt	Rita	Group Exercise Room
8:45am Step	Chloe	Group Exercise Room
<b>9:00am</b> <b>Boot Camp</b>	<b>Jill</b>	<b>Arena</b>
9:30am Mat Pilates	Rita	Group Exercise Room
10:30am Silver Sneakers	Frieda	Group Exercise Room
<b>4:30pm</b> <b>Boot Camp</b>	<b>Karen</b>	<b>Arena</b>
4:45pm Y-Cycle	Jopi	Cycle Room
4:45pm Body Sculpt	Laurie	Group Exercise Room
<b>5:30pm</b> <b>Boot Camp</b>	<b>Karen</b>	<b>Arena</b>
5:45pm Y-Cycle	Jennifer	Cycle Room
5:45pm Body Sculpt	Nancilynn	Group Exercise Room
6:30pm Zumba	Karen	Group Exercise Room

## TUESDAY

CLASS	INSTRUCTOR	LOCATION
<b>5:00am</b> <b>Boot Camp</b>	<b>RaShard</b>	<b>Arena</b>
5:30am Body Sculpt	Jill	Group Exercise Room
8:30am Zumba	Karen	Group Exercise Room
8:30am Y-Cycle	Marc	Cycle Room
<b>9:00am</b> <b>Boot Camp</b>	<b>RaShard</b>	<b>Arena</b>
9:30am Body Sculpt	Martha	Group Exercise Room
10:30am Yoga	Marc	Group Exercise Room
<b>4:30pm</b> <b>Boot Camp</b>	<b>RaShard</b>	<b>Arena</b>
4:45pm Y-Cycle	Christy	Cycle Room
<b>5:30pm</b> <b>Boot Camp</b>	<b>RaShard</b>	<b>Arena</b>
6:30pm Yoga	Rita	Group Exercise Room

Coming in late January! New PM Mat Pilates and Hip Hop Fitness! Like us on Facebook to stay updated!

## WEDNESDAY

CLASS	INSTRUCTOR	LOCATION
<b>5:00am</b> <b>Boot Camp</b>	<b>RaShard</b>	<b>Arena</b>
5:30am Abs/Y-Cycle	Marc	Cycle Room
8:30am Cardio Blast	Chloe	Group Exercise Room
<b>9:00am</b> <b>Boot Camp</b>	<b>Deborah</b>	<b>Arena</b>
10:30am Silver Sneakers	Frieda	Group Exercise Room
<b>4:30pm</b> <b>Boot Camp</b>	<b>RaShard</b>	<b>Arena</b>
4:45pm Yoga	Skye	Group Exercise Room
<b>5:30pm</b> <b>Boot Camp</b>	<b>Elizabeth</b>	<b>Arena</b>
5:45pm Body Sculpt	Heather	Group Exercise Room

NEW REFORMERS ARRIVE IN JANUARY! Pick up our new Reformer Schedule and book your spot!

601.664.1955

facebook

/FlowoodFamilyYMCA

www.metroYMCAs.org



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NEW: 01/9/2019

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## THURSDAY

CLASS	INSTRUCTOR	LOCATION
<b>5:00am</b> <b>Boot Camp</b>	<b>Jill/Elizabeth</b>	<b>Arena</b>
5:15am Sunrise Yoga	Pam	Group Exercise Room
8:30am Zumba	Karen	Group Exercise Room
8:30am Cyclone HIIT	Deborah	Cycle Room
<b>9:00am</b> <b>Boot Camp</b>	<b>Jill</b>	<b>Arena</b>
9:30am Body Sculpt	Martha	Group Exercise Room
10:15am Yoga	Pam	Group Exercise Room
<b>12:00pm</b> <b>Functional Sculpt</b>	<b>RaShard</b>	<b>Arena</b>
<b>4:30pm</b> <b>Boot Camp</b>	<b>Karen</b>	<b>Arena</b>
4:45pm Y-Cycle	Heather	Cycle Room
4:45pm Step Fusion	Laurie	Group Exercise Room
5:30pm Ballet Barre	Laurie	Group Exercise Room
<b>5:30pm</b> <b>Boot Camp</b>	<b>Karen</b>	<b>Arena</b>
6:30pm Zumba	Renee	Group Exercise Room

## FRIDAY

CLASS	INSTRUCTOR	LOCATION
<b>5:00am</b> <b>Boot Camp</b>	<b>Deborah</b>	<b>Arena</b>
5:30am Abs/Y-Cycle	Jill/Rhonda	Cycle Room
8:00am Beginner Sculpt	Rita	Group Exercise Room
8:45am Body Burn	Chloe	Group Exercise Room
<b>9:00am</b> <b>Boot Camp</b>	<b>Karen</b>	<b>Arena</b>
9:30am Mat Pilates	Rita	Group Exercise Room
10:30am Silver Sneakers	Freida	Group Exercise Room
4:45pm Kickboxing	Kate	Group Exercise Room

## SATURDAY

CLASS	INSTRUCTOR	LOCATION
8:00am Yoga	Tonya	Group Exercise Room
<b>8:30am</b> <b>Family Fit</b>	<b>RaShard</b>	<b>Arena</b>
<b>9:00am</b> <b>Boot Camp</b>	<b>RaShard</b>	<b>Arena</b>
9:00am Y-Cycle	Marc	Cycle Room
9:00am Power Sculpt	Chloe	Group Exercise Room
10:00am Zumba	TBA	Group Exercise Room

## SUNDAY

CLASS	INSTRUCTOR	LOCATION
2:00 pm Restorative Yoga	Skye	Group Exercise Room
<b>3:00 pm</b> <b>Boot Camp</b>	<b>Elizabeth</b>	<b>Arena</b>