



GROUP EXERCISE SCHEDULE CLINTON

Effective: 06/15/2020

CLASS PARTICIPANTS MUST BE 13 YEARS OR OLDER

MONDAY

CLASS	INSTRUCTOR	LOCATION
8:30am HIIT	Sarah	Upstairs
10:30am Silver Sneakers - Classic	Nancy	Group Exercise Room
5:30pm Step	Val	Group Exercise Room
5:30pm Y-Cycle	Penny	Cardio Room

TUESDAY

CLASS	INSTRUCTOR	LOCATION
8:00am Water Aerobics - Deep Water	Nancy	Pool
8:30am HIIT	Sarah	Group Exercise Room
8:30am Y-Cycle	Kelly	Cardio Room
9:30am Line Dancing	Ken	Group Exercise Room
9:30am Pilates Reformer	Jessie	Reformer Room
5:30pm HIIT+	Penny	Group Exercise Room

WEDNESDAY

CLASS	INSTRUCTOR	LOCATION
8:30am HIIT	Sarah	Group Exercise Room
5:00pm Step	Val	Group Exercise Room

THURSDAY

CLASS	INSTRUCTOR	LOCATION
8:00am Water Aerobics - Silver Splash	Nancy	Pool
8:30am HIIT	Sarah	Upstairs
8:30am Y-Cycle	Kelly	Cardio Room
9:30am Barre Plus	Lori	Group Exercise Room
9:30am Pilates Reformer	Jessie	Reformer Room
5:30pm HIIT+	Penny	Group Exercise Room

FRIDAY

CLASS	INSTRUCTOR	LOCATION
8:30am HIIT	Sarah	Group Exercise Room
9:30am Line Dancing	Ken	Group Exercise Room
10:30am Silver Sneakers Yoga Stretch	Susan	Group Exercise Room
5:30pm Y-Cycle	Penny	Cardio Room

SATURDAY

CLASS	INSTRUCTOR	LOCATION
7:30am Jumprope	Valerie Grace	Group Exercise Room
8:30am Y-Cycle	Kelly	Cardio Room
9:00am Water Aerobics	Nancy	Pool
10:00am Zumba	Khadijah	Group Exercise Room

- Sign ups will be on a first come first serve basis on the Y app.
- All regulations from the CDC and State Government will be followed.
- Classes will have a maximum amount of participants based on the space and type of class.
- This is for participants only. No friends or family members will be allowed to attend.
- Members must bring their own equipment (mats, towels, water bottle, etc.)
- Please observe physical distance guidelines of 6 feet.

601.924.5812

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