



GROUP EXERCISE SCHEDULE

FLOWOOD

01/04/2021

MONDAY

	CLASS	INSTRUCTOR	LOCATION
5:00am	Bootcamp	Crystal	Arena
5:30am	Y- Cycle	Martha D	Cycle Studio
8:00am	Sculpt	Rita	Group Ex Studio
9:00am	Mat Pilates	Rita	Group Ex Studio
9:00 am	Booty Camp	Amy	Arena
10:00am	Silver Sneakers	BJ	Group Ex Studio
4:45pm	Reformer	Angelia	Reformer Studio
5:00pm	Bootcamp	Karen	Arena
5:00pm	Y-Cycle	Meg	Cycle Studio
6:15pm	Zumba	Karen	Group Ex Studio

TUESDAY

5:30am	Reformer	Meg	Reformer Studio
8:30am	Zumba	Laurie	Group Ex Studio
9:00am	Y-Cycle	Christy	Group Ex Studio
9:30 am	Sculpt	Martha M	Group Ex Studio
10:30am	Reformer	Martha M	Reformer Studio
11:00am	Functional Yoga	Heidi	Group Ex Studio
12:15pm	Reformer	Martha M	Reformer Studio
4:30pm	Y-Cycle / Bootcamp	Christy / Apryle	Cycle Studio / Arena
4:45pm	Reformer	Angelia	Reformer Studio
5:00pm	Mash-Up	Heather	Group Ex Studio
5:45pm	Beginner Fitness	Angelia	Group Ex Studio
6:30pm	Yoga	Rita	Group Ex Studio

WEDNESDAY

5:00am	Bootcamp	RaShard	Arena
5:30am	Y-Cycle	Martha D	Cycle Studio
9:00am	Step Aerobics	Chloe	Group Ex Studio
9:00 & 10:00am	Reformer	Skye	Reformer Studio
11:00am	Yoga Flow	Skye	Group Ex Studio

10:00am	Silver Sneakers	BJ	Group Ex Studio
4:30pm	Yoga	Skye	Group Ex Studio
5:00pm	Bootcamp	Crystal	Arena
5:30pm	Sculpt	Nancilyn	Group Ex Studio
6:15pm	Zumba	Laurie	Group Ex Studio

THURSDAY

5:30am	Yoga	Renée	Group Ex Studio
8:30am	Zumba	Karen	Group Ex Studio
9:00am	Y-Cycle	Christy	Cycle Studio
9:30am	Reformer	Meg	Group Ex Studio
10:30am	Sculpt	Meg	Reformer Studio
11:00am	Functional Yoga	Heidi	Group Ex Studio
12:15pm	Reformer	Martha M	Reformer Studio
4:30pm	Step Aerobics / Bootcamp	Laurie / Brian	Group Ex Studio / Arena
4:45pm	Reformer	Angelia	Reformer Studio
5:30pm	Ballet Barre	Laurie	Group Ex Studio
6:15pm	Y-Cycle	Heather	Group Ex Studio

FRIDAY

5:00am	Bootcamp	Britt	Arena
5:45am	Y-Cycle	Rhonda	Cycle Studio
8:00am	Sculpt	Rita	Group Ex Studio
9:00am	Reformer	Martha M	Reformer Studio
9:00am	Hi/Lo Aerobics	Meg	Group Ex Studio
10:00am	Silver Sneakers	Martha M	Group Ex Studio
4:45pm	Kickboxing	Kate	Arena
5:00pm	Restorative Yoga	Skye	Group Ex Studio

SATURDAY

8:30am	Y-Cycle	Meg	Group Ex Studio
9:00am	Bootcamp	Rashard	Arena
9:30am	Reformer	Meg	Reformer Studio
10:00am	Zumba	Rotating Instructors	Group Ex Studio

This schedule is subject to change.
Please use the Y app for the most up to date class schedule