



# Winter 2017 Group Exercise Schedule Owensboro Family YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Family Branch - 900 Kentucky Parkway

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						Zumba® 8:30-9:30 w/Jennifer	
9:00am					Enhanced Fitness 9:00-10:00 w/Fitness Staff		
10:00am	SilverSneakers® Classic 10:15-11:00 w/Terri Ann		SilverSneakers® Classic 10:15-11:00 w/Terri Ann		SilverSneakers® Classic 10:15-11:00 w/Terri Ann		<b>YMCA</b> <b>Family Branch</b> <b>270-926-9622</b> <b>Child Care Hours:</b> <b>(6 wks-10 yrs.)</b> <b>Mon-Fri</b> <b>8a-12p/4p-8p</b> <b>Sat. 8a-11a</b>
11:00am	Enhanced Fitness 11:15-12:15 w/Fitness Staff		Enhanced Fitness 11:15-12:15 w/Fitness Staff				
7:00pm							

**PLEASE NOTE SCHEDULE CHANGES ABOVE AND BELOW**

## Athenian Branch - 650 Chuck Gray Court

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Group Cycling 5:30-6:15 w/Neal T. Boot Camp* 5:45-6:45 w/Luke	Group Cycling 6:00-6:45 w/Mike	Group Cycling 5:30-6:15 w/Neal T. Boot Camp* 5:45-6:45 w/Luke	Group Cycling 6:00-6:45 w/Mike	Group Cycling 5:30-6:15 w/David Boot Camp* 5:45-6:45 w/Luke		<b>Athenian</b> <b>(18 &amp; older)</b> <b>270-684-1495</b> <b>Child Care Hours:</b> <b>(6wks-10yrs)</b> <b>Mon/Wed</b> <b>8:30am-12:45pm</b> <b>Tues/Thurs</b> <b>8am-11:30am</b> <b>Fri</b> <b>8am-11am</b> <b>Mon-Thu</b> <b>4pm-8pm</b> <b>Sat</b> <b>8am-11am</b>
8:00am	SilverSneakers® Classic 8:30-9:15 w/Terri Ann	Zumba Gold 8:15-9:00 w/Becky	SilverSneakers® Classic 8:30-9:15 w/Terri Ann	Zumba Gold Toning 8:15-9:00 w/Becky H		Step Sculpt & Abs 8:30-9:45 w/Laura	
9:00am	Boot Camp* 9:00-10:00 w/Luke	Yoga 9:15-10:15 w/Kim	Boot Camp* 9:00-10:00 w/Luke	Yoga 9:15-10:15 w/Kim	Boot Camp* 9:00-10:00 w/Luke Pilates 9:15-10:30 w/Kim	Boot Camp* 8:30-9:30 w/Luke	
10:00am		SilverSneakers® Yoga 10:30-11:30 w/Terri Ann		SilverSneakers® Yoga 10:30-11:30 w/Terri Ann			
Lunch Time	Hatha Yoga 11:30-12:30 w/Karen		Hatha Yoga 11:30-12:30 w/Karen		Beginner Yoga 11:30-12:30 w/Terri Ann		Hot Yoga 5:00-6:00PM w/Ericka
4:00pm	Zumba® 4:30-5:30 w/Becky	Get Fit! 4:15-5:15 w/Chase		Zumba® Express 4:45-5:15 w/Holly			<b>Be sure to check for class time changes and new classes!!</b>
5:00pm	Power Pump 5:30-6:30 w/Laura Boot Camp* 5:30-6:30 w/Luke	Step Sculpt & Abs 5:30-6:30 w/Laura Boot Camp* 5:30-6:30 w/Robert	Circuit Training 5:30-6:30 w/Kassey	Cardio Pump 5:30-6:25 w/Beth Boot Camp* 5:30-6:30 w/Dustin			
6:00pm	Group Cycling 6:00-6:45 w/Lauren Total Body Challenge 6:30-7:30 w/Dustin	Pilates 6:30-7:30 w/Kim	Total Body Challenge 6:30-7:30 w/Dustin	Yoga 6:30-7:30 w/Kim	Hot Yoga 6:00-7:15 w/Ericka		
7:00pm		Yoga Fusion 7:45-8:45 w/Ericka					
						*See Registration to get signed up!	Revised 12/19/2016