



FALL GROUP FITNESS SCHEDULE

King George Family YMCA

September 4th - December 31st

10545 Kings Highway

King George, VA 22485

540-775-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Kettlebell AMPD Studio A Marie C. 5:30am - 6:30am	Cardio Interval Studio A Emily D 5:45am - 6:30am	Interval Cycle Cycle Studio Marie C. 5:45am - 6:30am	TRX/Bootcamp Gymnasium (Court 2) Emily D 5:45am - 6:30am	Kettlebell AMPD Studio A Marie C. 5:30am - 6:30am		
8am	Yoga Stretch Studio A Heather J 8am - 8:55am	Pickle Ball Gymnasium (Court 2) No Instructor 8:30am - 10:25am	Yin Yoga Studio A Bonnie T. 8am - 8:55am	Therapeutic Movement Studio A Deborah F. 8:15am - 9am	Yoga Fit Studio A Heather J 8am - 8:55am	Group Cycle Cycle Studio Diana S 8am - 8:45am	
			Yoga Stretch Studio A Julie D. 8am - 9am	Pickle Ball Gymnasium (Court 2) No Instructor 8:30am - 10:25am		Body Rock Bootcamp Gymnasium (Court 2) Shelly R. 8:05am - 9am	
			Gym Walking Gymnasium (Court 2) No Instructor 8:30am - 8:55am			Turbo Kick Studio A Maggie D 8:05am - 9am	
9am	Butts and Guts Studio A Katie F. 9am - 9:45am	Pump n Run Wellness Center Carla Z. 9am - 10am	cycle & abs Cycle Studio Diana S 9am - 10am	HIIT Cycle Cycle Studio Andrea L. 9am - 9:45am	Silver Strength, Stamina, and Stretch Studio A Amanda C 9:05am - 10am	Zumba Gymnasium (Court 2) Multiple Instructors 9:05am - 10am	
	Group Cycle Cycle Studio Carla Z. 9:05am - 10am	True Body Tone Studio A Diana S 9am - 10am	Body Rock Bootcamp Gymnasium (Court 2) Shelly R. 9:05am - 10am	Outdoor Run Outside or Off site Carla Z. 9:30am - 10:30am	Cycle for Everyone Cycle Studio Carla Z. 9:05am - 10am	PiYo! Studio A Maggie D 9:05am - 10am	
	Body Rock Bootcamp Gymnasium (Court 2) Vickie L. 9:05am - 10am	Kickboxing Studio A Andrea L. 9:05am - 10am	Keep it Active Studio A Michelle S. 9:05am - 10am				
10am	Barre Studio A Dawn S 10:05am - 11:05am	Senior Chair Fun Studio A Deborah F. 10:05am - 11am	PiYo Studio A Maggie D 10:05am - 11am	Turbo Kick Studio A Maggie D 10am - 10:40am	Barre Studio A Dawn S 10:05am - 11am	RIP Studio A Stephanie K. 10:05am - 11am	
	Zumba Gymnasium (Court 2) Bernie K 10:15am - 11:15am	PiYo Gymnasium (Court 2) Maggie D 10:30am - 11:15am	Sweat It Out Gymnasium (Court 2) Michelle S. 10:15am - 11:15am	Yoga Fit Studio A Maggie D 10:45am - 11:25am	Zumba Gymnasium (Court 2) Bernie K 10:15am - 11:15am		
11am	Therapeutic Movement Studio A Carla Z. 11:30am - 12:30pm	reserved Studio A Multiple Instructors 11am - 12:15pm		Line Dancing Studio A Bonnie T. 11:30am - 12:30pm			
12pm						Sensory Gym Studio A Karen C. 12pm - 1pm	
						Adapted Zumba Gymnasium (Court 2) Jennifer B 12pm - 1pm	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



FALL GROUP FITNESS SCHEDULE
 King George Family YMCA
 September 4th - December 31st

10545 Kings Highway
 King George, VA 22485
 540-775-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
4pm	Tai Chi, Intermediate/Advanced Studio A Joe M. 4:25pm - 5:25pm		Internal Kung Fu Studio A Joe M. 4:25pm - 5:25pm	Movement for Health Studio A Dawn H. 4pm - 4:55pm	Tai Chi Studio A Joe M. 4:25pm - 5:25pm		
5pm	Kettlebell AMPD Studio A Marie C. 5:30pm - 6:25pm	Cardio Muscle Toolbox Studio A LaTasha C. 5pm - 5:25pm	Hatha Yoga Studio A Heather J 5:30pm - 6:25pm	Cardio Muscle Toolbox Studio A Candace L 5pm - 5:25pm			
	TRX/Bootcamp Gymnasium (Court 2) LaTasha C. 5:45pm - 6:30pm	Core n more Studio A LaTasha C. 5:30pm - 5:55pm	Body Rock Bootcamp Gymnasium (Court 2) Shelly R. 5:45pm - 6:40pm	Core n more Studio A Candace L 5:30pm - 5:55pm			
6pm	Mixed Fit Studio A Multiple Instructors 6:30pm - 7:25pm	RIP Studio A Stephanie K. 6pm - 6:55pm	AMPD power flow Cycle Studio Marie C. 6pm - 6:45pm	RIP Studio A Patti D. 6pm - 6:55pm	Pickle Ball Gymnasium (Court 2) No Instructor 6pm - 7pm		
	Cycle and Stretch Cycle Studio Amie N. 6:30pm - 7:30pm	Dynamic Cycle Cycle Studio Jose M. 6pm - 7pm	Drums + Studio A Jess W. 6:30pm - 7:30pm	Tabata Cycle Cycle Studio Marie C. 6pm - 6:45pm	Black Light Zumba Studio A Multiple Instructors 6pm - 7pm		
7pm		Zumba Gymnasium (Court 2) Stephanie K. 7pm - 8pm		Mixed Fit Studio A Multiple Instructors 7pm - 8pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.