



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



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

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