



For Youth Development  
For Healthy Living  
For Social Responsibility

# HUNTINGTON Y GROUP FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
6 am	SCULPT FUSION 6:00 – 7:00 -- GS Tootie	ZUMBA 6:00 – 6:45 -- GS John GROUP TRX 6:30 – 7:00 --GYM Rusty	SCULPT FUSION 6:00 – 7:00 -- GS Tootie	CYCLING 6:00 – 6:45 -- CS John GROUP TRX 6:30 – 7:00 --GYM Rusty	'Heart Warming' YOGA 6:00 – 6:45 -- GS Elizabeth	**R.I.P.P.E.D, BOOTCAMP and ZUMBA alternate	
7-8 am	CYCLING 8:00 – 9:00 -- CS Jill PILATES 8:30 – 9:00 -- GS Christy	ATHLETIC STRETCH 7:00 – 7:30 --RC Noah EXPRESS FITNESS 8:30 – 9:00 -- GS Mike	CYCLING 8:00 – 9:00 -- CS A.J. STEP EXPRESS 8:30 – 9:00 --GS Kelly H.	ATHLETIC STRETCH 7:00-7:30 --RC Noah BODY ATTACK FITNESS 8:30 – 9:00 --GS Mike	CYCLING 8:00 – 9:00 -- CS Jill BARRE WRX 8:30 – 9:00 -- GS Susan	Vinyasa YOGA 8:00 – 9:00 -- GS Elizabeth	
9 am	WEIGHTED WORKOUT 9:00 – 10:00 --GS Kelly H.	WEIGHTED WORKOUT 9:00 – 10:00 -- GS Christy	WEIGHTED WORKOUT 9:00 – 10:00 -- GS Kelly H.	POWER CYCLING 9:00 – 9:45 --CS Karen WEIGHTED WORKOUT 9:00 – 10:00 --GS Kim S.	WEIGHTED WORKOUT 9:00 – 10:00 -- GS Christy	CYCLING 9:00 – 10:00 -- CS Amanda **R.I.P.P.E.D, BOOTCAMP OR ZUMBA** 9:00 – 10:00 -- GS	
10 am	WATER FITNESS 10:00 – 11:00 -- CP Christy Vinyasa YOGA 10:05 – 11:00 --GS Elizabeth  AQUA ARTHRITIS 10:00 – 10:45 -- WP Allison (AF Class)	YOGA 10:00 – 11:00 -- GS Carolyn  AQUA ARTHRITIS 10:00 – 10:45 -- WP Allison (AF Class)	WATER FITNESS 10:00 – 11:00 -- CP Amy BARRE WRX 10:00 – 10:45 -- GS Susan  AQUA ARTHRITIS 10:00 – 10:45 -- WP Kim A. (AF Class)	YOGA 10:00 – 11:00 -- GS Suzanne  AQUA ARTHRITIS 10:00 – 10:45 -- WP Kim A. (AF Class)	WATER FITNESS 10:00 – 11:00 -- CP Christy  BOOTCAMP 10:00 – 11:00-GS/GYM Jill T.  AQUA ARTHRITIS 10:00 – 10:45 -- WP Kim A. (AF Class)	WEIGHTED WORKOUT 10:00 – 11:00 -- GS Kim S.  WATER FITNESS 10:00 – 11:00 -- CP Amy	
11 am	WARM AQUA 11:00 – 11:55 --WP Allison 'LITE' WORKOUT 11:00 – 11:55 -- GS Susan	WARM AQUA 11:00 – 11:55 -- WP Allison	WARM AQUA 11:00 – 11:55 -- WP Kim A.	WARM AQUA 11:00 – 11:55 -- WP Kim A. 'LITE' WORKOUT' 11:00 – 11:55 -- GS Susan	WARM AQUA 11:00 – 11:55 -- WP Kim A.		
12 pm	GROUP TRX 12:00 -12:30 – GYM Mike		CYCLING 12:00 – 12:45 -- CS Ed			YOGA "Flow" 1:00 – 2:00 -- GS Jill M.	
4-5 pm	EVENING BASIC STEP 4:30 – 5:30 -- GS Kelly H. Weighted WORKOUT 5:30 – 6:30 -- GS Kelly H.	EVENING CYCLING 4:00 – 5:00 -- CS Courtney Weighted WORKOUT 4:30 – 5:15 -- GS Kelly H.	EVENING SCULPT FUSION 4:30 – 5:15 --GS Kelly H.	EVENING CYCLING 4:00 – 5:00 -- CS A.J. Weighted WORKOUT 4:30 – 5:15 -- GS Kelly	EVENING	EVENING	EVENING CYCLING 4:00 – 5:00 -- CS A.J.
5-6 pm	TRX YOGA 5:30-6:30 --GYM Jill M. WATER FITNESS 5:30 – 6:30 --CP Amy CYCLING 5:30 – 6:30 -- CS John	WATER FITNESS 4:30 – 5:30- CP Kathy ABS ON THE BALL 5:15 – 5:45 -- GS Kelly H. GROUP TRX 5:30 -6:00 --GYM Rusty	BODYSHRED 5:15 – 5:45 --GS Tootie ZUMBA 5:45 – 6:30 -- GS Jessica CYCLING 5:30 – 6:30 -- CS Jill	WATER FITNESS 4:30 – 5:30 -- CP Kathy ABS ON THE BALL 5:15 – 5:45 -- GS Kelly H. EXPRESS FITNESS 6:00 – 6:30 --GS T.J.	GROUP TRX 5:30 – 6:00 --GYM Rusty  ZUMBA 5:30 – 6:30 -- GS Jessica	Schedule for: APRIL 2017	
6-8 pm	POWER CYCLING 6:30 – 7:15 --CS Karen  PILATES 6:30 – 7:15 -- GS Susan	CARDIO BLAST 5:45 – 6:15 --GS Tootie KETTLEBELL 6:30 – 7:00 -- GS T.J. GENTLE YOGA 7:00 – 8:00 -- GS Elizabeth		AQUA ZUMBA 6:00 – 7:00 -- CP Mallory YOGA 6:30 – 7:15 --GS Carolyn GROUP TRX 6:30 – 7:00 -- GYM Rob		CLASS LOCATION CODES: GS – Group Fitness Studio CS – Cycling Studio CP – Cool Pool WP – Warm Pool GYM – New Gym RC – Racquetball Court *AF Class –Arthritis Foundation	

\*ALL CLASSES & INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES\*

Huntington Y  
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Mon – Fri: 5:30a-9p  
Saturdays: 8a-8p  
Sundays: 12p-6p

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GROUP FITNESS DIRECTOR: *Christy Spurlock*  
SENIOR WELLNESS DIRECTOR: *Cheryl Justice*