



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 T. 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 Karen STEP EXPRESS 8:30 - 9:00 --GS Kelly H.	ATHLETIC STRETCH 7:00 -7:30 --RC Noah EXPRESS FITNESS 8:30 - 9:00 --GS Jill T.	8:30 - 9:00 --GS BARRE WRX Susan CYCLING 8:00 - 9:00 -- CS Jill T.	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 Allison. (AF Class)	YOGA 10:00 - 11:00 -- GS Suzanne AQUA ARTHRITIS 10:00 - 10:45 -- WP (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 Allison (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 Amy	WARM AQUA 11:00 - 11:55 -- WP Allison 'LITE' WORKOUT' 11:00 - 11:55 -- GS Susan	WARM AQUA 11:00 - 11:55 -- WP Allison		
12 pm	GROUP TRX 12:00 -12:30 -- GYM Noah		CYCLING 12:00 - 12:45 -- CS Ed				
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 Weighted WORKOUT 4:30 - 5:15 -- GS Kelly	EVENING	EVENING	'FLOW' YOGA 1:00 - 2:00--GS Jill M. CYCLING 4:00 - 5:00 -- CS Courtney
5-6 pm	TRX YOGA 5:30-6:30 --GYM Jill M. WATER FITNESS 5:30 - 6:30 --CP Allison 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: Effective September 15,,2017	
6-8 pm	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	6:30 - 7:00--GS BARRE WRX Tiffany 7:00 - 7:30 --GS CARDIO HIP HOP Tiffany	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
935 10th Ave.
Huntington, WV 25701

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

P 304.525.8127

E aerobics@huntingtonymca.org

W www.huntingtonymca.org

GROUP FITNESS DIRECTOR: Christy Spurlock