



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	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		<b>**R.I.P.P.E.D, BOOTCAMP and KICKBOXING alternate</b>	
7-8 am	CYCLING 8:00 - 9:00 -- CS Jill T.	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.	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 Logan	WEIGHTED WORKOUT 9:00 - 10:00 -- GS Christy	CYCLING 9:00 - 10:00 -- CS Amanda <b>**R.I.P.P.E.D, BOOTCAMP OR KICKBOXING**</b> 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.	
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 Amy		
12 pm			CYCLING 12:00 - 12:45 -- CS Ed				
4-5 pm	EVENING STEP 4:30 - 5:30 -- GS Kelly H. Weighted WORKOUT 5:30 - 6:30 -- GS Kelly H.	EVENING Weighted WORKOUT 4:30 - 5:15 -- GS Kelly H. WATER FITNESS 4:30 - 5:30 --CP Kathy	EVENING BODYSHRED 5:15 - 5:45 --GS Tootie	EVENING Weighted WORKOUT 4:30 - 5:15 -- GS Kelly	EVENING	EVENING	EVENING 'FLOW' YOGA 1:00 - 2:00--GS Jill M.
5-6 pm	TRX YOGA 5:30-6:30 --GYM Jill M. CYCLING 5:30 - 6:30 -- CS John	ABS ON THE BALL 5:15 - 5:45 -- GS Kelly H.  GROUP TRX 5:30 -6:00 --GYM Rusty	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.	GROUP TRX 5:30 - 6:00 --GYM Rusty FUN FLOW YOGA 5:30 - 6:30 -- RC Elizabeth ZUMBA 5:30 - 6:30 -- GS Jessica	<b>Schedule: Effective August 15, 2018</b>	
6-8 pm	PILATES 6:30 - 7:15 -- GS Susan	KETTLEBELL 6:30 - 7:00 -- GS T.J.  GENTLE YOGA 7:00 - 8:00 -- GS Elizabeth		YOGA 6:30 - 7:15 --GS Carolyn		<b>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</b>	

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

Huntington Y  
935 10<sup>th</sup> Ave.  
Huntington, WV 25701

Mon - Fri: 5:30a-10p  
Saturdays: 8a-8p  
Sundays: 12p-6p

P 304.525.8127  
E [aerobics@huntingtonymca.org](mailto:aerobics@huntingtonymca.org)  
W [www.huntingtonymca.org](http://www.huntingtonymca.org)

GROUP FITNESS DIRECTOR: *Christy Spurlock*