



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		** BOOTCAMP and KICKBOXING alternate Saturdays**	
	CYCLING 8:00 - 9:00 -- CS Jill T. PILATES 8:30 - 9:00 --FS 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.	BARRE WRX 8:30 - 9:00 -- FS Susan CYCLING 8:00 - 9:00 -- CS Jill T.		Vinyasa YOGA 8:00 - 9:00 -- GS Elizabeth
7-8 am							
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 BOOTCAMP OR KICKBOXING** 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 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 Staff	
	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		
11 am							
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 SCULPT FUSION 4:30 - 5:15 -- GS Kelly H. 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. CYCLING 4:00 - 5:00 --CS Amanda
	WATER FITNESS 5:00 - 6:00 --CP Allison TRX YOGA 5:30-6:30 --GYM Jill M. CYCLING 5:30 - 6:30 -- CS John	ABS CLASS 5:15 - 5:45 -- GS Kelly H. GROUP TRX 5:30 -6:00 --GYM Rusty KETTLEBELL -- GS 6:00 - 6:30 T.J.	ZUMBA 5:45 - 6:30 -- GS Jessica WALL YOGA 5:30 - 6:15 --RC Jill M. CYCLING 5:30 - 6:30 -- CS Jill T.	WATER FITNESS 4:30 - 5:30 -- CP Kathy ABS CLASS 5:15 - 5:45 -- GS Kelly H.	FUN FLOW YOGA 5:30 - 6:30 -- RC Elizabeth GROUP TRX 5:30 - 6:00 --GYM Rusty ZUMBA 5:30 - 6:30 -- GS Jessica		
5-6 pm						Schedule: Effective JANUARY , 2019	
6-8 pm	YOGA 5:45 - 6:30 --RC Suzanne PILATES 6:30 - 7:15 -- GS Susan	CYCLING 6:00 - 6:45 -- CS Stephanie GENTLE YOGA 7:00 - 8:00 -- GS Elizabeth		EXPRESS FITNESS 6:00 - 6:30 --GS T.J. YOGA 6:30 - 7:30 --GS Carolyn		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-10p
Saturdays: 8a-8p
Sundays: 12p-6p

P 304.525.8127

E aerobics@huntingtonymca.org

W www.huntingtonymca.org

GROUP FITNESS DIRECTOR: Christy Spurlock