



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	KICKBOXING 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		**R.I.P.P.E.D, BOOTCAMP and KICKBOXING 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 Logan	WEIGHTED WORKOUT 9:00 - 10:00 -- GS Christy	CYCLING 9:00 - 10:00 -- CS Amanda **R.I.P.P.E.D, 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  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 Y Staff Alternates  WATER FITENSS 10:00 - 11:00 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 Amy			
12 pm			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 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	'FLOW' YOGA 1:00 - 2:00--GS Jill M. CYCLING 4:00 - 5:00 -- CS Amanda or Dave	
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 CARDIO BLAST 5:45 - 6:15 -- GS Tootie	ZUMBA 5:45 - 6:30 -- GS Jessica CYCLING 5:30 - 6:30 -- CS Jill CANDLELIT YOGA 5:45 - 6:45 --RC Jennifer	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 FUN FLOW YOGA 5:30 - 6:30 -- RC Jennifer ZUMBA 5:30 - 6:30 -- GS Jessica	Schedule: Effective APRIL 1, 2018		
6 - 8 pm	YOGA for BACK PAIN 6:15 - 7:00 -- RC Jennifer  PILATES 6:30 - 7:15 -- GS Susan	AQUA ZUMBA 6:00 - 7:00 -- CP Mallory 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	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 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