



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<br>6:00 - 7:00 -- GS<br>Tootie  | GROUP TRX<br>6:30 - 7:00 --GYM<br>Rusty   | SCULPT FUSION<br>6:00 - 7:00 -- GS<br>Tootie   | CYCLING<br>6:00 - 6:45 -- CS<br>John<br>GROUP TRX<br>6:30 - 7:00 --GYM<br>Rusty                   |  | <div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>** BOOTCAMP<br/>and KICKBOXING<br/>alternate<br/>Saturdays**</b> </div>  |  |
| 7-8 am | CYCLING<br>8:00 - 9:00 -- CS<br>Jill T.   | ATHLETIC STRETCH<br>7:00 - 7:30 --RC<br>Noah<br><br>EXPRESS FITNESS<br>8:30 - 9:00 -- GS<br>Mike                                | CYCLING<br>8:00 - 9:00 -- CS<br>Karen<br><br>STEP EXPRESS<br>8:30 - 9:00 --GS<br>Kelly H.  | ATHLETIC STRETCH<br>7:00 -7:30 --RC<br>Noah<br><br>EXPRESS FITNESS<br>8:30 - 9:00 --GS<br>Jill T. | BARRE WRX<br>8:30 - 9:00 -- FS<br>Susan<br><br>CYCLING<br>8:00 - 9:00 -- CS<br>Jill T.   |  | Vinyasa YOGA<br>8:00 - 9:00 -- GS<br>Elizabeth |
| 9 am   | WEIGHTED<br>WORKOUT<br>9:00 - 10:00 --GS<br>Kelly H.  | WEIGHTED<br>WORKOUT<br>9:00 - 10:00 -- GS<br>Christy  | WEIGHTED<br>WORKOUT<br>9:00 - 10:00 -- GS<br>Kelly H.  | POWER CYCLING<br>9:00 - 9:45 --CS<br>Karen<br>WEIGHTED<br>WORKOUT<br>9:00 - 10:00 --GS<br>Logan   | WEIGHTED<br>WORKOUT<br>9:00 - 10:00 -- GS<br>Christy   | CYCLING<br>9:00 - 10:00 -- CS<br>Amanda<br><br>BOOTCAMP<br>or KICKBOXING**<br>9:00 - 10:00 -- GS   |  |
| 10 am  | WATER FITNESS<br>10:00 - 11:00 -- CP<br>Christy<br><br>Vinyasa YOGA<br>10:05 - 11:00 --GS<br>Elizabeth<br><br>AQUA ARTHRITIS<br>10:00 - 10:45 -- WP<br>Allison (AF Class) | YOGA<br>10:00 - 11:00 -- GS<br>Carolyn<br><br>AQUA ARTHRITIS<br>10:00 - 10:45 -- WP<br>Allison (AF Class)                       | WATER FITNESS<br>10:00 - 11:00 -- CP<br>Amy<br>BARRE WRX<br>10:00 - 10:45 -- GS<br>Susan<br><br>AQUA ARTHRITIS<br>10:00 - 10:45 -- WP<br>Allison. (AF Class) | YOGA<br>10:00 - 11:00 -- GS<br>Suzanne<br><br>AQUA ARTHRITIS<br>10:00 - 10:45 -- WP<br>(AF Class) | MISSION BODY FIT<br>10:00 - 11:00 --GYM<br>Jill T.<br><br>WATER FITNESS<br>10:00 - 11:00 -- CP<br>Christy<br><br>AQUA ARTHRITIS<br>10:00 - 10:45 -- WP<br>Allison (AF Class) | WEIGHTED<br>WORKOUT<br>10:00 - 11:00 -- GS<br>Kim S.<br><br>WATER FITNESS<br>10:00 - 11:00 --CP<br>Staff   |  |
| 11 am  | WARM AQUA<br>11:00 - 11:55 --WP<br>Allison<br>'LITE' WORKOUT<br>11:00 - 11:55 -- GS<br>Susan  | WARM AQUA<br>11:00 - 11:55 -- WP<br>Allison   | WARM AQUA<br>11:00 - 11:55 -- WP<br>Amy  | WARM AQUA<br>11:00 - 11:55 -- WP<br>Allison<br>'LITE' WORKOUT'<br>11:00 - 11:55 -- GS<br>Susan    | WARM AQUA<br>11:00 - 11:55 -- WP<br>Amy  |  |  |
| 12 pm  |   |   | CYCLING<br>12:00 - 12:45 -- CS<br>Ed   |   |  |  |  |
| 4-5 pm | EVENING<br><br>STEP<br>4:30 - 5:30 -- GS<br>Kelly H.  | EVENING<br>Weighted WORKOUT<br>4:30 - 5:15 -- GS<br>Kelly H.<br>WATER FITNESS<br>4:30 - 5:30 --CP<br>Kathy                      | EVENING<br>SCULPT FUSION<br>4:30 - 5:15 -- GS<br>Kelly H.<br>BODYSHRED<br>5:15 - 5:45 --GS<br>Tootie   | EVENING<br>Weighted WORKOUT<br>4:30 - 5:15 -- GS<br>Kelly   | EVENING  | EVENING  | 'FLOW' YOGA<br>1:00 - 2:00 --GS<br>Jill M.     |
| 5-6 pm | Weighted<br>WORKOUT<br>5:30 - 6:30 -- GS<br>Kelly H.<br><br>CYCLING<br>5:30 - 6:30 -- CS<br>John  | ABS CLASS<br>5:15 - 5:45 -- GS<br>Kelly H.<br>GROUP TRX<br>5:30 -6:00 --GYM<br>Rusty<br>KETTLEBELL -- GS<br>6:00 - 6:30<br>T.J. | ZUMBA<br>5:45 - 6:30 -- GS<br>Jessica<br>WALL YOGA<br>5:30 - 6:15 --RC<br>Jill M.<br>CYCLING<br>5:30 - 6:30 -- CS<br>Jill T.                                 | WATER FITNESS<br>4:30 - 5:30 -- CP<br>Kathy<br><br>ABS CLASS<br>5:15 - 5:45 -- GS<br>Kelly H.     | FUN FLOW YOGA<br>5:30 - 6:30 -- RC<br>Elizabeth<br>GROUP TRX<br>5:30 - 6:00 --GYM<br>Rusty<br>ZUMBA<br>5:30 - 6:30 -- GS<br>Jessica  | <div style="border: 2px solid black; padding: 5px; text-align: center;">           Schedule: Effective<br/><b>MAY 1<sup>st</sup>, 2019</b> </div> <div style="border: 2px solid black; padding: 5px; margin-top: 5px;"> <b>CLASS LOCATION CODES:</b><br/>           GS - Group Fitness Studio<br/>           CS - Cycling Studio<br/>           CP - Cool Pool<br/>           WP - Warm Pool<br/>           GYM - New Gym<br/>           RC - Racquetball Court<br/>           (AF Class) -Arthritis Foundation         </div> |  |
| 6-8 pm | PILATES<br>6:30 - 7:15 -- GS<br>Susan   | GENTLE YOGA<br>7:00 - 8:00 -- GS<br>Elizabeth   |  | EXPRESS FITNESS<br>6:00 - 6:30 --GS<br>T.J.<br>YOGA<br>6:30 - 7:30 --GS<br>Carolyn                |  |  |  |

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

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

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