



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		** BOOTCAMP and KICKBOXING alternate Saturdays**	
7-8 am	CYCLING 8:00 – 9:00 -- CS Jill T. POWER YOGA 45 8:00 – 8:45 --GS Jill M.	ATHLETIC STRETCH 7:00 – 7:30 --RC Noah EXPRESS FITNESS 8:30 – 9:00 -- GS Mike	CYCLING 8:00 – 9:00 -- CS Stephanie STEP EXPRESS 8:30 – 9:00 --GS Kelly	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 Stephanie		
9 am	WEIGHTED WORKOUT 9:00 – 10:00 --GS Kelly	WEIGHTED EXPRESS 9:00 – 9:30 -- GS Heather	WEIGHTED WORKOUT 9:00 – 10:00 -- GS Kelly	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)	BOOTCAMP 10:00 – 11:00 --GYM Jill T. WATER FITNESS 10:00 – 11:00 -- CP Christy AQUA ARTHRITIS 10:00 – 10:45 -- WP Allison (AF Class)	WATER FITNESS 9:00 - 10:00 --CP Staff 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	EVENING Weighted WORKOUT 4:30 – 5:15 -- GS Kelly WATER FITNESS 4:30 – 5:30 --CP Kathy	EVENING 4:40 – 5:15 -- GS SCULPT FUSION Kelly BODYSHRED 5:15 – 5:45 --GS Tootie	EVENING Weighted WORKOUT 4:30 – 5:15 -- GS Kelly	EVENING 'FUN' FLOW YOGA 4:30 – 5:30 -- GS Elizabeth		'FLOW' YOGA 1:00 – 2:00 --GS Jill M.
5-6 pm	Weighted WORKOUT 5:30 – 6:30 -- GS Kelly CYCLING 5:30 – 6:30 -- CS John	ABS CLASS 5:15 – 5:45 -- GS Kelly GROUP TRX 5:30 -6:00 --GYM Rusty KETTLEBELL -- GS 6:00 – 6:30 T.J.	ZUMBA 5:45 – 6:30 -- GS Jessica CYCLING 5:30 – 6:30 -- CS Jill T.	WATER FITNESS 4:30 – 5:30 -- CP Kathy ABS CLASS 5:15 – 5:45 -- GS Kelly	GROUP TRX 5:30 – 6:00 --GYM Rusty ZUMBA 5:30 – 6:30 -- GS Jessica	Schedule: Effective October 1, 2019 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	
6-8 pm	PILATES 6:30 – 7:15 -- GS Susan	GENTLE YOGA 7:00 – 8:00 -- GS Elizabeth		EXPRESS FITNESS 6:00 – 6:30 --GS T.J. YOGA 6:30 – 7:30 --GS Carolyn			

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*
SENIOR HEALTH & WELLNESS: *Mike Callanan*