



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		<b>** BOOTCAMP and KICKBOXING alternate Saturdays**</b>	
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 WORKOUT 9:00 – 10:00 -- GS Christy	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			'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	<b>Schedule: Effective September 2019</b>  <b>CLASS LOCATION CODES:</b> 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 10<sup>th</sup> Ave.  
Huntington ,WV 25701

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

P 304-525-8127  
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GROUP FITNESS DIRECTOR: *Christy Spurlock*  
SENIOR HEALTH & WELLNESS: *Mike Callanan*