



TUSCALOOSA YMCA SPRING 2019 CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM		BodyPump 5:45-6:45 Studio 2 Abby	Group Cycle 5:30-6:20 Cycle Rm Alison		BodyPump 5:45 - 6:45 Studio 2 Abby	
6 AM	Group Cycle 6:00-6:50 Cycle Rm Ray	Bridge Class 8:00-9:00 Studio 1		HIIT 6:00-6:50 Studio 2 Abby		
7-8 AM	Total Body Sculpt 8:30-9:15 Studio 2 Ashley	BodyPump 8:15-9:15 Studio 2 Nichole	Total Body Sculpt 8:30-9:20 Studio 2 Angie	BodyPump 8:15-9:15 Studio 2 Nichole	Total Body Sculpt 8:30 - 9:20 Studio 2 Angie	PiYo 8:30-9:30 Studio 2 Marie
9 AM	Silver YOGA 9:30-10:15 Studio 2 Diana	Group Cycle 9:00-9:50 Cycle Rm Kayla	Fit-4-Ever 9:30-10:15 Studio 1 Chaslee	Functional Fitness 9:30-10:15 Studio 2 Fran	Group Cycle 9:00 - 9:50 Cycle Rm Ashley	HIIT (2/16) 9:30-10:30 Studio 2 Abby
			Silver Classic 9:30-10:15 Studio 2 Angie		Zumba Lite 9:30 - 10:15 Studio 2 Angie	BodyPump (2/23) 9:30-10:30 Studio 2 Abby
10 AM	Tai Chi (Arthritis) 10:00-11:15 Studio 1 Madeleine	Fit-4-Ever 10:30-11:15 Studio 1 Nichole	Zumba Lite 10:30-11:15 Studio 2 Angie	Tai Chi 2 10:00-11:00 Studio 1 Madeleine	Silver Classic 10:30 - 11:15 Studio 2 Angie	Null Kumdo* 11:00-1:00 Studio 2 Master Kim
	Silver YOGA 10:30-11:15 Studio 2 Diana	Silver Classic 10:30-11:15 Studio 2 Angie		Gentle YOGA 10:30-11:15 Studio 2 Diana	Fit-4-Ever 10:30 - 11:15 Studio 1 Olivia	CHILD CARE HOURS MONDAY 8:15 - 12:30 3:30 - 7:30 TUESDAY 8:00 - 12:30 3:30 - 7:30 WEDNESDAY 8:15 - 12:30 3:30 - 7:30 THURSDAY 8:15 - 12:30 3:30 - 7:30 FRIDAY 8:15 - 12:30 3:30 - 6:00 SATURDAY 8:30 - 12:00
11 AM	YOGA 11:30-12:20 Studio 2 Diana	Functional Fitness 11:30-12:15 Studio 1 Fran	Pilates 11:30-12:15 Studio 2 Olivia	YOGA 11:30-12:30 Studio 2 Diana	Silver Boom 11:30-12:15 Studio 2 Angie	
		BodyPump XPRES 11:30-12:15 Studio 2 Nichole				
12 - 3 PM			Y's Mens Club 12:00-1:00 Studio 1			
4 PM	Null Kumdo* 4:00-5:00 Studio 2 Master Kim	YOGA 4:00-4:50 Studio 1 Michela				
		Null Kumdo* 4:00-5:10 Studio 2 Master Kim				
5 PM	Zumba 5:30-6:15 Studio 1 LoWanda	BodyPump 5:30-6:30 Studio 2 Abby	YOGA 5:00-5:50 Studio 2 Michela			
	HIIT 5:30-6:15 Studio 2 Melanie	Group Cycle 5:30-6:20 Cycle Rm Kayla	Core Conditioning 6:00-6:30 Studio 2 Mel/Nic	BodyPump 5:30-6:30 Studio 2 Abby		
6 PM		Bootcamp 6:00-7:00 (2/2-3/7) Studio 1 Mike		Bootcamp 6:00-7:00 (2/12-3/7) Studio 1 Mike	Karate* 6:00-7:00 Studio 2 Sensei Beth	
7 PM		Karate* 6:30-7:30 Studio 2 Sensei Beth		Karate* 6:30-7:30 Studio 2 Sensei Beth		



"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven." - Matthew 5:16

Comments/Questions/Concerns: cmarshall@ymcatusc.org

