

Campbell County YMCA

MAY Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:25 Cardio/Muscle Stacey	8:15 – 8:55 Muscle Pump Debbie	8:30 – 9:25 Cardio/Muscle Stacey	8:15 – 8:55 Muscle Pump Debbie	8:30 – 9:25 Cardio/Muscle Stacey	NEW! 7:00 – 8:00 Cardio/Muscle Barbara
9:35 – 10:30 Muscle Pump Paige	9:05 – 10:00 Pilates Gayla	9:35 – 10:30 Muscle Pump Paige	9:05 – 10:00 Pilates Gayla	9:35 – 10:30 Muscle Pump Teri	NEW! 8:30 – 9:30 Muscle Pump
10:30 – 11:30 Silver Sneakers Paige	10:00 – 11:00 Yoga Tamara	10:30 – 11:30 Silver Sneakers Paige	10:00 – 11:00 Yoga Tamara	10:30 – 11:30 Silver Sneakers Tamara	NEW! 9:30 – 10:30 Zumba Rachel
1:00 – 2:00 Body Recall Maggie	NEW! 1:00 – 2:00 Muscle Pump Teri	1:00 – 2:00 Body Recall Maggie	NEW! 1:00 – 2:00 Muscle Pump Teri	1:00 – 2:00 Body Recall Maggie	
5:30 – 6:30 Pilates Stephanie	6:00 – 7:00 Step Barbara	5:30 – 6:30 Pilates Stephanie	6:00 – 7:00 Step Barbara		
6:30 – 7:30 Yoga Stephanie	7:00 – 8:00 Zumba Ann	6:30 – 7:30 Yoga Stephanie	7:00 – 8:00 Hip Hop Denise		
7:30 – 8:30 Kick Boxing Kathy		7:30 – 8:30 Kick Boxing Kathy			

Group Cycling Schedule

6:15 am Heather		6:15 am Heather		6:15 am Heather	
8:30 am Nick		8:30 am Nick		8:30 am Nick	10:00 am Rotates
NEW! Noon Eric	Noon Beth		Noon Beth		
6:30 pm Bill	NEW! 6:30 pm Laurie	NEW! 6:00 – 7:00 pm 7:00 – 8:00 pm 6:00 – 8:00 pm Ted	6:30 pm Beth Ann		

This Schedule is subject to change on a monthly basis.
Campbell County YMCA
(859) 781 – 1814