



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Monett Area YMCA



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30 am	Theresa Body Pump Event Center	Louisa Yoga Room 1	Theresa Body Pump Event Center	Louisa Yoga Room 1	Theresa Body Pump Event Center	Savannah Aerobic Dance Room 2
9:45-10:45A	Cindi Lifetime Wellness Room 2 ----- Abigail Int.Yoga Room 1 9:30-10:30A	Cindi Core & More Room 1 ----- Theresa Silver Sneakers Room 2	Cindi Zumba Room 2	Cindi Lifetime Wellness Room 2	Cindi Core & More Room 1 ----- Theresa Silver Sneakers Room 2	
12:00-12:45P	Monica Body Pump Event Center		Monica Body Pump Event Center	Theresa Silver Sneakers Room 2 10:50-11:50A		
4:15-5:00P	Dionne Boot Camp Event Center ----- Brittany Inter/Advanced Yoga Room 1 4:00-5:00	Angela Cardio Fitness Event Center 4:30-5:00	Angela Cardio Fitness Event Center 4:30-5:00	Dionne Boot Camp Event Center		
5:30-6:30P	Dionne Group Cycle	Brittany Advanced Yoga Room 1	Sandy Line Dancing Room 2 5:30-6:15	Dionne Group Cycle	Savannah Aerobic Dance Room 2	
6:00-7:00P		Lupita Zumba Strong Room 2 5:45-6:25P		Abigail Int. Yoga Room 1 ----- Lupita Zumba Strong Room 2 5:45-6:25P	Abigail Kids Yoga (ages 4-12) Room 1 6:30-7:30	
6:30-7:30P	Savannah Aerobic Dance Room 2	Lupita Zumba Room 2	Rendy Zumba Room 2	Lupita Zumba Room 2		