



# GROUP EXERCISE SCHEDULE - BHP BILLITON YMCA

Updated 1.9.19

\* Reserve Your Spot for Spin & TRX classes at the front desk.

## MONDAY

## TUESDAY

## WEDNESDAY

	Time	Class	Instructor	Location		Time	Class	Instructor	Location		Time	Class	Instructor	Location
<b>MORNING</b>	5:30AM	CrossFit 101	Jim	CrossFit	<b>MORNING</b>	5:30AM	CrossFit 101	Jim	CrossFit	<b>MORNING</b>	5:30AM	CrossFit 101	Jim	CrossFit
	5:45AM	Spin*	Kristi	Spin Studio*		5:45AM	Boot Camp	Nora	Gym		5:45AM	Spin*	Tina	Spin Studio*
	6:30AM	CrossFit	Jim	CrossFit		6:15AM	Yoga Flow	Sarah S.	Studio 1		6:30AM	CrossFit	Jim	CrossFit
	7:30AM	CrossFit	Jim	CrossFit		6:30AM	CrossFit	Jim	CrossFit		7:30AM	CrossFit	Jim	CrossFit
	8:15AM	Spin*	Lindy	Spin Studio*		7:30AM	CrossFit	Jim	CrossFit		8:00AM	Spin*	Karen	Spin Studio*
	8:15AM	Cardio	Carly	Studio 1		8:15AM	Spin Chicks*	Margaret	Spin Studio*		8:15AM	Cardio	Misty	Studio 1
	8:15AM	TRX*	Sharon	Studio 2		8:15AM	Power Sculpt	Carly/Charlotte	Studio 1		8:15AM	TRX*	Sharon	Studio 2
	8:15AM	Water Aerobics	Charlotte	Family Pool		8:15AM	TRX*	Sharon	Studio 2		8:15AM	Water Aerobics	Bob L.	Family Pool
	9:15AM	Staying Fit	Misty	Studio 1		9:15AM	Pilates	Renee	Gym		9:15AM	Staying Fit	Sharon	Studio 1
	9:15AM	Yoga II	Margaret	Studio 2		9:15AM	Barre	Allyson	Studio 1		9:15AM	Yoga II	Margaret	Studio 2
	10:30AM	Chair Aerobics	Mary	Studio 1	9:30AM	Spin	Susan	Spin Studio*	10:30AM	Chair Aerobics	Renee	Studio 1		
<b>NOON</b>	12:00PM	Yoga Level I/II	Jamie	Studio 2	10:15AM	Hooping	Laurel	Gym	<b>NOON</b>	12:00PM	Yoga Level I/II	Maggie	Studio 2	
	12:00PM	HIIT Express	Carly	Gym	10:15AM	Restorative Pilates	Renee	Studio 1		12:00PM	HIIT Express	Charlotte	Gym	
	12:00PM	Kid Fit	Charlotte/Miles	Lobby	10:15AM	Aqua Fit	Sharon	Family Pool		12:00PM	CrossFit	Nora	CrossFit	
	12:00PM	CrossFit	Kevin	CrossFit	10:30AM	Chair Yoga	Mary	Studio 2		12:00PM	CrossFit	Nora	CrossFit	
	12:30PM	Abs	Carly	Gym	11:30AM	Tai Chi	James	Studio 1		12:30PM	Abs	Charlotte	Gym	
<b>EVENING</b>	4:15PM	Spin*	Melissa	Spin Studio*	<b>EVENING</b>	4:15PM	Barre	Allyson	Studio 1	<b>EVENING</b>	4:15PM	Spin*	Sandy	Spin Studio*
	4:15PM	Cardio	Misty	Studio 1		4:15PM	Kids Hip Hop	Camellia	Studio 2		4:15PM	Cardio	Rick	Studio 1
	4:15PM	Kids Yoga	Jamie	Studio 2		4:30PM	CrossFit	Nora	CrossFit		4:15PM	Kids Yoga	Jamie	Studio 2
	4:30 PM	Water Aerobics	Sharon	Family Pool		5:15PM	TRX*	Paige	Studio 2		4:15PM	Water Aerobics	Sharon	Family Pool
	4:30PM	CrossFit	Lori	CrossFit		5:30PM	Sculpt	Farrah	Studio 1		4:30 PM	Water Aerobics	Sharon	Family Pool
	5:30PM	Pilates	Sheri	Gym		5:30PM	HIIT	Sarah	Gym		4:30PM	CrossFit	Wendy	CrossFit
	5:30PM	Zumba	Kate	Studio 1		5:30 PM	Water Aerobics	Q	Family Pool		5:30 PM	Pilates	Sheri	Gym
	5:30PM	Water Aerobics	Camellia	Family Pool		5:30PM	Kid Fit	Miles/Maycee/Charlotte	Lobby		5:30PM	PIYo	Amanda	Studio 2
	5:30PM	Spin*	Sarah S.	Spin Studio*		5:30PM	Kid & Adult Weightlifting	Wendy/Jason	CrossFit		5:30PM	Water Aerobics	Camellia	Family Pool
	5:30PM	CrossFit	Lori	CrossFit		6:00PM	Spin*	Sandy	Spin Studio*		5:30PM	Spin*	Bob E.	Spin Studio*
	5:30PM	Kid Fit	Charlotte/Miles/Sumner	Lobby		6:05PM	Yoga I	Francine	Studio 2		5:30PM	CrossFit	Nora	CrossFit
	6:00PM	Yoga I/II	Sabina	Studio 2		6:30PM	CrossFit 101	Rotation	CrossFit		5:30PM	Kid Fit	Maycee/Katie Trevor	Lobby
	6:30PM	CrossFit 101/On-Ramp	Rotation	CrossFit							6:00PM	Yoga I/II	Sabina	Studio 1
								6:30PM	CrossFit 101/On-Ramp	Rotation	CrossFit			
								6:30PM	Cycle Jams	Rick	Spin Studio*			

SCHEDULE CONTINUED ON OTHER SIDE



# GROUP EXERCISE SCHEDULE - BHP BILLITON YMCA

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## THURSDAY

## FRIDAY

## SATURDAY

	Time	Class	Instructor	Location
<b>MORNING</b>	5:30AM	CrossFit	Jim	CrossFit
	5:45AM	Boot Camp	Kristi	Gym
	6:15AM	Yoga I/II	Francine	Studio 1
	6:30AM	CrossFit	Jim	CrossFit
	7:30AM	CrossFit	Jim	CrossFit
	8:15AM	Spin Chicks*	Margaret	Spin Studio*
	8:15AM	Sculpt	Tina	Studio 1
	8:15AM	TRX*	Sharon	Studio 2
	9:15AM	Pilates	Renee	Gym
	9:15AM	Barre	Allyson	Studio 1
<b>NOON</b>	9:15AM	PiYo	Misty	Studio 2
	9:30AM	Spin	Susan	Spin Studio*
	10:00	Mommy and Me Water	Sharon	Family Pool
	10:15AM	Restorative Pilates	Sheri	Studio 1
	10:15AM	Aqua Fit	Charlotte	Family Pool
	10:30AM	Chair Yoga	Hollie	Studio 2
	11:30AM	Tai Chi	James	Studio 1
	12:00PM	Spin*	Melissa	Spin Studio*
	12:00PM	CrossFit	Jim	CrossFit
	<b>EVENING</b>	4:15PM	Barre	Allyson
4:15PM		Kids Zumba	Rachel	Studio 2
4:30PM		CrossFit	Nora	CrossFit
5:15PM		TRX*	Paige	Studio 2
5:30PM		Water Aerobics	Q	Family Pool
5:30PM		Sculpt	Melissa	Studio 1
5:30PM		HIIT	Nora/Drew	Gym
5:30PM		Kid Fit	Maycee/Charlotte/Katie	Lobby
5:30PM		Kid & Adult Weightlifting	Wendy/Jason	CrossFit
6:00PM		Spin*	Jamie	Spin Studio*
6:05PM	Yoga I	Amanda/Sheila	Studio 2	
6:30PM	CrossFit 101	Rotation	CrossFit	

	Time	Class	Instructor	Location	
<b>MORNING</b>	5:30AM	CrossFit	Jim	CrossFit	
	5:45AM	Spin*	Kristi	Spin Studio*	
	6:00AM	Intro to Vinyasa Yoga	Ken	Studio 1	
	6:30AM	CrossFit	Jim	CrossFit	
	7:30AM	CrossFit	Jim	CrossFit	
	8:15 AM	TRX	Sharon	Studio 2	
	8:15AM	Spin*	Melissa	Spin Studio*	
	8:30AM	Cardio	Claire	Studio 1	
	8:15AM	Water Aerobics	Mary	Family Pool	
	9:15AM	Staying Fit	Melissa	Studio 1	
<b>NOON</b>	9:15AM	Restorative Yoga	Mary	Studio 2	
	10:15AM	Rev+Flow	Courtney	Studio 1	
	12:00PM	Yoga Level I/II	Jamie	Studio 1	
	12:00PM	HIIT Express	Katrina	Gym	
	12:00PM	CrossFit	Nora	CrossFit	
	12:30PM	Abs	Katrina	Gym	
	<b>EVENING</b>	4:15PM	Spin*	Charlotte	Spin Studio*
		4:30PM	CrossFit	Lori	CrossFit
		5:30PM	CrossFit	Lori	CrossFit
		6:30PM	CrossFit 101	Rotation	CrossFit

	Time	Class	Instructor	Location
<b>MORNING</b>	7:15AM	Yoga I/II	Sabina	Studio 2
	7:30AM	Spin*	Clay	Spin Studio*
	8:15AM	Core, Back, & Balance	Francine	Studio 1
	8:30AM	Spin*	Bob/Sarah	Spin Studio*
	9:00AM	Closed Practice	Swim Team	Crossfit
	9:15AM	Pilates	Sheri	Gym
	9:20 AM	Pound	Sherricka	Studio 2
	9:30AM	Zumba	Tiffany	Studio 1
	9:30AM	Paddle Board Yoga*	Sarah S.	Natatorium
	10:00AM	CrossFit	Rotation	CrossFit
<b>NOON</b>	10:15 AM	Chair Yoga	Lori	Studio 2
	10:30AM	Kids Zumba	Rachel	Studio 1
	11:00AM	CrossFit	Rotation	CrossFit
	12:00PM	Kid & Adult Weightlifting	Wendy/Jason	CrossFit

## SUNDAY

	Time	Class	Instructor	Location
<b>NOON</b>	3:00PM	Yoga I/II	Francine / Ken	Studio 1
	4:00PM	REFIT	Courtney	Studio 1

SCHEDULE CONTINUED ON OTHER SIDE