# GROUP EXERCISE SCHEDULE - BHP BILLITON YMCA

*6.7.19*

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

## MONDAY

| | Time | Class | Instructor | Location |
|---|---|---|---|---|
| MORNING | 5:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 5:45AM | Spin* | Kristi | Spin Studio* |
| | 6:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 7:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 8:15AM | Spin* | Lindy | Spin Studio* |
| | 8:15AM | Cardio | Carly | Studio 1 |
| | 8:15AM | TRX* | Sharon | Studio 2 |
| | 8:15AM | Water Aerobics | Charlotte | Family Pool |
| | 9:15AM | Staying Fit | Misty | Studio 1 |
| | 9:15AM | Yoga II | Margaret | Studio 2 |
| | 9:15 AM | Pilates | Alice | Gym |
| | 10:30AM | Chair Aerobics | Mary | Studio 1 |
| | 11:00 AM | Strength | Claire | Studio 2 |
| NOON | 12:00PM | Yoga Level I/II | Jamie | Studio 2 |
| | 12:00PM | HIIT Express | Carly | Gym |
| | 12:00PM | Kid Fit | Jordan/Adora | Lobby |
| | 12:00PM | CrossFit | Kevin | CrossFit |
| | 12:30PM | Abs | Carly | Gym |
| EVENING | 4:15PM | Spin* | Melissa | Spin Studio* |
| | 4:15PM | Cardio | Kristina | Studio 1 |
| | 4:15PM | Kids Yoga | Jamie | Studio 2 |
| | 4:30 PM | Water Aerobics | Sharon | Family Pool |
| | 4:30PM | CrossFit | Lori | CrossFit |
| | 5:30PM | Pilates | Sheri | Gym |
| | 5:30PM | Zumba | Kate | Studio 1 |
| | 5:30PM | Water Aerobics | Camellia | Family Pool |
| | 5:30PM | Spin* | Sarah S. | Spin Studio* |
| | 5:30PM | CrossFit | Shannon | CrossFit |
| | 5:30PM | Kid Fit | Charlotte/ Sumner | Lobby |
| | 6:00PM | Power Yoga | Ken | Studio 2 |
| | 6:30PM | CrossFit | Rotation | CrossFit |
| | 6:30PM | Tai Chi | James | Studio 1 |

## TUESDAY

| | Time | Class | Instructor | Location |
|---|---|---|---|---|
| MORNING | 5:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 6:15AM | Yoga Flow | Sarah S. | Studio 1 |
| | 6:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 7:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 8:00AM | Meditation | Allyson | Outside |
| | 8:15AM | Spin Chicks* | Margaret | Spin Studio* |
| | 8:15AM | Power Sculpt | Carly/Charlotte | Studio 1 |
| | 8:15AM | TRX* | Mike | Studio 2 |
| | 9:15AM | Barre | Allyson | Studio 1 |
| | 9:15AM | PiYo | Amanda | Studio 2 |
| | 9:30AM | Spin | Susan | Spin Studio* |
| | 10:15AM | Hooping | Laurel | Gym |
| | 10:15AM | Restorative Pilates | Lauren | Studio 1 |
| | 10:15AM | Water Aerobics | Dwayne | Family Pool |
| | 10:30AM | Chair Yoga | Mary | Studio 2 |
| NOON | 11:30AM | Tai Chi | James | Studio 1 |
| | 12:00PM | Spin* | Charlotte | Spin Studio* |
| | 12:00PM | CrossFit | Shannon | CrossFit |
| | 12:30PM | Tai Chi Push Hands | James | Studio 1 |
| EVENING | 4:15PM | Barre | Allyson | Studio 1 |
| | 4:15PM | Kids Hip Hop | Camellia | Studio 2 |
| | 4:30PM | CrossFit | Nora | CrossFit |
| | 5:15PM | TRX* | Paige | Studio 2 |
| | 5:30PM | Sculpt | Megan | Studio 1 |
| | 5:30PM | HIIT | Sarah | Gym |
| | 5:30 PM | Water Aerobics | Q | Family Pool |
| | 5:30PM | Kid Fit | Maycee/ Charlotte | Lobby |
| | 5:30PM | Kid & Adult Weightlifting | Wendy/Jason | CrossFit |
| | 5:30 PM | Meditation | Allyson | Outside |
| | 6:00PM | Spin* | Melissa | Spin Studio* |
| | 6:05PM | Yoga I | Francine | Studio 2 |
| | 6:30PM | CrossFit | Davie | CrossFit |

## WEDNESDAY

| | Time | Class | Instructor | Location |
|---|---|---|---|---|
| MORNING | 5:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 5:45AM | Spin* | Tina | Spin Studio* |
| | 6:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 7:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 8:00AM | Spin* | Karen | Spin Studio* |
| | 8:15AM | Cardio | Misty | Studio 1 |
| | 8:15AM | TRX* | Sharon | Studio 2 |
| | 8:15AM | Water Aerobics | Bob L. | Family Pool |
| | 9:15AM | Staying Fit | Sharon | Studio 1 |
| | 9:15AM | Pilates | Lauren | Gym |
| | 9:15AM | Yoga II | Margaret | Studio 2 |
| | 10:15AM | Zumbini | Aga | Studio 2 |
| | 10:30AM | Chair Aerobics | Renee | Studio 1 |
| | 11:00AM | Strength | Darnell | Studio 2 |
| NOON | 12:00PM | Yoga Level I/II | Maggie | Studio 2 |
| | 12:00PM | HIIT Express | Charlotte | Gym |
| | 12:00PM | CrossFit | Nora | CrossFit |
| | 12:30PM | Abs | Charlotte | Gym |
| EVENING | 4:15PM | Spin* | Melissa | Spin Studio* |
| | 4:15PM | Step | Rick | Studio 1 |
| | 4:15PM | Kids Yoga | Jamie | Studio 2 |
| | 4:30 PM | Water Aerobics | Sharon | Family Pool |
| | 4:30PM | CrossFit | Wendy | CrossFit |
| | 5:30 PM | Pilates | Sheri | Gym |
| | 5:30PM | PiYo | Amanda | Studio 2 |
| | 5:30PM | Water Aerobics | Brenda | Family Pool |
| | 5:30PM | Spin* | Bob E. | Spin Studio* |
| | 5:30PM | CrossFit | Wendy | CrossFit |
| | 5:30PM | Kid Fit | Maycee/ Charlotte | Lobby |
| | 6:00PM | Yoga I/II | Sabina | Studio 1 |
| | 6:30PM | CrossFit | Rotation | CrossFit |

**SCHEDULE CONTINUED ON OTHER SIDE**

# GROUP EXERCISE SCHEDULE - BHP BILLITON YMCA

*6.7.19*

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## THURSDAY

| | Time | Class | Instructor | Location |
|---|---|---|---|---|
| MORNING | 5:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 6:15AM | Yoga I/II | Francine | Studio 1 |
| | 6:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 7:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 8:00 AM | Meditation | Allyson | Lawn |
| | 8:15AM | Spin Chicks* | Margaret | Spin Studio* |
| | 8:15AM | Sculpt | Tina | Studio 1 |
| | 8:15AM | TRX* | Mike | Studio 2 |
| | 9:15AM | Barre | Allyson | Studio 1 |
| | 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 |
| NOON | 11:30AM | Tai Chi | James | Studio 1 |
| | 12:00PM | Spin* | Melissa | Spin Studio* |
| | 12:00PM | CrossFit | Shannon | CrossFit |
| EVENING | 4:15PM | Barre | Allyson | Studio 1 |
| | 4:15PM | Kids Zumba | Rachel | Studio 2 |
| | 4:30PM | CrossFit | Nora | CrossFit |
| | 5:15PM | TRX* | Paige | Studio 2 |
| | 5:30 PM | Meditation | Allyson | Lawn |
| | 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 | Davie | CrossFit |

## FRIDAY

| | Time | Class | Instructor | Location |
|---|---|---|---|---|
| MORNING | 5:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 5:45AM | Spin* | Kristi | Spin Studio* |
| | 6:00AM | Vinyasa Yoga | Ken | Studio 1 |
| | 6:30AM | CrossFit | Shannon/Davie | CrossFit |
| | 7:30AM | CrossFit | Shannon/Davie | 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 |
| | 9:15AM | Restorative Yoga | Mary | Studio 2 |
| | 10:15AM | Rev+Flow | Courtney | Studio 1 |
| NOON | 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 |
| EVENING | 4:15PM | Spin* | Charlotte | Spin Studio* |
| | 4:30PM | CrossFit | Nora | CrossFit |
| | 5:30PM | CrossFit | Nora | CrossFit |
| | 6:30PM | CrossFit | Davie | CrossFit |

## SATURDAY

| | Time | Class | Instructor | Location |
|---|---|---|---|---|
| MORNING | 7:15AM | Yoga I/II | Sabina | Studio 2 |
| | 7:30AM | Spin* | Clay | Spin Studio* |
| | 8:00AM | Core, Back, & Balance | Francine | Studio 1 |
| | 8:30AM | Spin* | Bob/Sarah | Spin Studio* |
| | 8:45 AM | Chair Yoga | Francine | Studio 1 |
| | 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 | Shannon/Nora | CrossFit |
| | 10:30AM | Kids Zumba | Rachel | Studio 2 |
| | 11:00AM | CrossFit | Shannon/Nora | CrossFit |
| | 12:00PM | Kid & Adult Weightlifting | Wendy/Jason | CrossFit |

## SUNDAY

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

**SCHEDULE CONTINUED ON OTHER SIDE**