

Monday	Class	Instructor	Room
5:30 AM	CrossFit	Shannon	CF
5:30 AM	Spin	Kristi G.	Spin
6:30 AM	CrossFit	Davie	CF
7:30 AM	CrossFit	Davie	CF
8:00 AM	Deep Water Aerobics	Janae	Comp Pool
8:15 AM	Spin	Melissa	Spin
8:15 AM	Cardio	Carly	Studio 1
8:15 AM	TRX	Sharon	Studio 2
8:15 AM	Water Aerobics	Charlotte	Fam. Pool
9:15 AM	Beginner Step	Melissa	Studio 1
9:15 AM	Yoga	Margaret	Studio 2
9:15 AM	Pilates	Renee	Gym
9:20 AM	Swim for Life	Ray	CF
10:30 AM	Chair Aerobics	Renee	Studio 1
11:00 AM	Strength	Clay	Gym
12:00 PM	HIIT	Carly	Gym
12:00 PM	Yoga I/II	Becky	Studio 1
12:00 PM	Kid Fit	Charlotte	Lobby
12:00 PM	Cross Fit	Rotation	CF
12:30 PM	Abs	Carly	Gym
1:30 PM	Rock Steady Box	Melissa	Gym
4:15 PM	Strength	Rotation	Studio 1
4:15 PM	Spin	Melissa	Spin
4:15 PM	Kids Yoga	Madi	Studio 2
4:30 PM	Water Aerobics	Sharon	Fam. Pool
4:30 PM	CrossFit	Nora	CF
5:30 PM	CrossFit	Shannon	CF
5:30 PM	Pilates	Sheri	Gym
5:30 PM	Zumba	Sybil	Studio 1
5:30 PM	Spin	Sarah	Spin
5:30 PM	Kid Fit	Charlotte	Lobby
6:00 PM	Water HIIT	Teri	Family Pool
6:00 PM	YNWL Swim	Vlad	Studio 2

Tuesday	Class	Instructor	Room
5:30 AM	CrossFit	Shannon	CF
5:30 AM	Cardio/Strength	Harriett	Studio 2
6:15 AM	Yoga Flow	Sarah	Studio 1
6:30 AM	CrossFit	Davie	CF
7:30 AM	CrossFit	Davie	CF
8:15 AM	Barre	Allyson	Gym
8:15 AM	Strength	Carly	Studio 1
8:15 AM	TRX	Mike	Studio 2
8:15 AM	Spin Chicks	Margaret	Spin
9:15 AM	Barre	Allyson	Studio 1
9:15 AM	Piyo	Misty	Studio 2
9:30 AM	Spin	Susan	Spin
10:15 AM	Restorative Pilates	Sheri	Studio 1
10:15 AM	Water Aerobics	Dwayne	Fam. Pool
10:30 AM	Chair Yoga	Holli	Studio 2
11:15 AM	Rock Steady Box	Sharon	Gym
11:30 AM	Tai Chi	James	Studio 1
12:00 PM	Spin	Charlotte	Spin
12:00 PM	CrossFit	Shannon	CF
4:15 PM	Kids Dance	Madi	Studio 2
4:15 PM	Barre	Janae	Studio 1
4:30 PM	CrossFit	Nora	CF
5:15 PM	TRX	Paige	Studio 2
5:30 PM	CrossFit	Shannon	CF
5:30 PM	Strength	Brenda	Studio 1
5:30 PM	Kid Fit	Charlotte	Lobby
5:30 PM	HIIT	Sarah	Gym
5:30 PM	Water Aerobics	Q	Family Pool
5:45 PM	Spin	Jamie	Spin
6:05 PM	Yoga I	Emma	Studio 2

Wednesday	Class	Instructor	Room
5:30 AM	CrossFit	Shannon	CF
5:30 AM	Spin	Tina	Spin
6:15 AM	Yoga Sculpt	Lisa	Studio 1
6:30 AM	CrossFit	Davie	CF
7:30 AM	CrossFit	Davie	CF
8:15 AM	Spin	Karen	Spin
8:15 AM	Cardio	Mlsty	Studio 1
8:15 AM	TRX	Sharon	Studio 2
8:15 AM	Water Aerobics	Bob L.	Fam. Pool
9:15 AM	Staying Fit	Sharon	Studio 1
9:15 AM	Yoga	Margaret	Studio 2
9:15 AM	Pilates	Misty	Gym
9:20 AM	Swim for Life	Ray	CF
10:15 AM	Zumbini	Aga	Studio 2
10:30 AM	Chair Aerobics	Melissa	Studio 1
11:00 AM	Strength	Clay	Gym
11:00 AM	Parkinson's Water	Sharon	Fam. Pool
12:00 PM	HIIT	Charlotte	Gym
12:00 PM	CrossFit	Rotation	CF
12:00 PM	Yoga I/II	Sheila	Studio 1
12:30 PM	Abs	Charlotte	Gym
1:30 PM	Rock Steady Box	Melissa	Gym
4:15 PM	Strength	Tina	Studio 1
4:15 PM	Spin	Melissa	Spin
4:15 PM	Kids Yoga	Madi	Studio 2
4:30 PM	Water Aerobics	Sharon	Fam. Pool
4:30 PM	CrossFit	Nora	CF
5:00 PM	Zumba	Malissa	Studio 1
5:30 PM	Pilates	Sheri	Gym
5:30 PM	CrossFit	Nora	CrossFit
5:30 PM	Piyo	Amanda	Studio 2
5:30 PM	Spin	Bob	Spin
5:30 PM	Kid Fit	Madi	Lobby
6:00 PM	Yoga I/II	Nancy	Studio 1

Thursday	Class	Instructor	Room
5:30 AM	Cardio/Strength	Harriett	Studio 2
6:15 AM	Yoga Flow	Ken	Studio 1
8:15 AM	Strength	Ally	Gym
8:15 AM	Barre	Allyson	Studio 1
8:15 AM	TRX	Mike	Studio 2
8:15 AM	Spin Chicks	Margaret	Spin
9:15 AM	Barre	Allyson	Studio 1
9:15 AM	Piyo	Misty	Studio 2
9:30 AM	Spin	Susan	Spin
10:15 AM	Restorative Pilates	Sheri	Studio 1
10:15 AM	Water Aerobics	Charlotte	Fam. Pool
10:30 AM	Chair Yoga	Mary	Studio 2
11:15 AM	Rock Steady Box	Sharon	Gym
11:30 AM	Tai Chi	James	Studio 1
4:15 PM	Kids Dance	Madi	Studio 2
4:15 PM	Barre	Janae	Studio 1
5:15 PM	TRX	Paige	Studio 2
5:15 PM	CrossFit Mobility	Nora	CF
5:30 PM	Strength	Malissa	Studio 1
5:30 PM	HIIT	Paul	Gym
5:30 PM	Kid Fit	Charlotte	Lobby
5:30 PM	Water Aerobics	Q	Family Pool
6:00 PM	Spin	Jamie	Spin
6:00 PM	YNWL Swim	Vlad	CF
6:05 PM	Yoga I	Amanda/Sheila	Studio 2
6:30 PM	Bible Study		Studio 1

**Friday                      Class                      Instructor                      Room**

5:30 AM	CrossFit	Shannon	CF
5:30 AM	Spin	Kristi G.	Spin
6:15 AM	Yoga	Ken	Studio 1
6:30 AM	CrossFit	Davie	CF
7:30 AM	CrossFit	Davie	CF
8:00 AM	Deep Water Cardio	Joseph	Comp Pool
8:15 AM	Spin	Melissa	Spin
8:15 AM	Cardio Step	Misty/Rick	Studio 1
8:15 AM	TRX	Sharon	Studio 2
8:15 AM	Water Aerobics	Mary	Fam. Pool
9:15 AM	Step Interval	Melissa	Studio 1
9:15 AM	Restorative Yoga	Mary	Studio 2
9:30 AM	Water Fun Baby	Sharon	Fam. Pool
10:15 AM	Chair Aerobics	Melissa	Studio 1
11:00 AM	Strength	Charlotte	Studio 1
12:00 PM	HIIT	Kevin	Gym
12:00 PM	CrossFit	Rotation	CF
4:15 PM	Spin	Clay	Spin
4:30 PM	CrossFit	Nora	CF
5:30 PM	CrossFit	Nora	CF

**Saturday                      Class                      Instructor                      Room**

7:15 AM	Yoga I/II	Sabina	Studio 2
7:30 AM	CrossFit	Davie	CF
8:15 AM	Core, Back, Balance	Janae	Studio 1
8:15 AM	Water Aerobics	Teri	Family Pool
8:20 AM	TRX	Sharon	Studio 2
8:30 AM	Spin	Bob/Sarah	Spin
9:00 AM	YNWL Swim	Closed Practice	CF
9:15 AM	Pilates	Sheri	Gym
9:30 AM	Zumba	Sybil	Studio 1
9:30 AM	Paddle Board Yoga	Sarah	Comp. Pool
10:00 AM	CrossFit	Shannon	CF
10:00 AM	Water Aerobics	Teri	Family Pool
10:30 AM	Yoga I/II	Janae	Studio 1
11:30 AM	Tai Chi	James	Studio 1

**Sunday                      Class                      Instructor                      Room**

1:15 PM	Water Aerobics	Teri	Family Pool
3:00 PM	Yoga	Tina	Studio 1

BHP YMCA Schedule

UPDATED 10.16.24