



PIERSON ROAD FAMILY YMCA

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO PUMP 9:15am-10:15am Rickita Henderson	MORNING STRONG 6:00am-6:50am Marques Pool	TABATA INTERVALLS Rachel Harris 9:00am-10:00am	MORNING STRONG 6:00am-6:50am Marques Pool	H.I.I.T 9:15am-10:00am Zach Thamm	STRENGTH&CARDIO CIRCUIT 8:00am-8:50am Christel Drew	
AB ATTACK 10:15am-10:45am Rickita Henderson	MORNING FLOW 8:00am-9:00am Rickita Henderson	STEP AEROBICS Rosleen Hawa 10:15am-10:45am	MORNING FLOW 8:00am-9:00am Rickita Henderson	ABSOLUTE CONDITIONING 10:00am-10:30am Zach Thamm	NUTRITION CLASS 8:00am-9:00am Megan Butterfield	SLOW FLOW YOGA 2:00pm-3:00pm Mary Delgado
STRETCH & FLEX 11:00am-12:00pm Mary Delgado	CARDIO CIRCUIT 9:15am-10:15am Rickita Henderson	STABILITY BALL FUSION Zach Thamm 11:15am-12:00pm	POWER HOUR 9:00am-10:00am Megan Butterfield	CHAIR MOBILITY YOGA 11:30am-12:15am Rickita Henderson	AMRAP ATTACK 9:00am-10:00am Megan Butterfield	
		EMOM 5:00pm-5:30pm Zach Thamm	GROUP CYCLING 9:00am-10:00am Lydia Diem	Yin YOGA 12:45pm-1:30pm Rickita Henderson	*WEIGHT LOSS CHALLENGE 10:15am-11:10a. Chris Yarn	
TREAD&TONE 6:30pm-7:30pm Zach Thamm	STRETCH & FLEX 11:15am-12:00pm Zach Thamm	INTRO TO STRENGTH 7:00pm-8:00pm Zach Thamm	CHAIR YOGA 11:15am-12:00pm Zach Thamm	MUSCLE PUMP 5:30pm-6:15pm Zach Thamm	TREAD&TONE 12:00pm-1:00pm Zach Thamm	
	CHAIR YOGA 12:30pm-1:15pm Zach Thamm	AQUA ZUMBA 7:00pm-7:45pm Marie Jones-Watts	SENIOR CIRCUIT 12:10pm-12:55pm Zach Thamm		CORE&LEGS 30 1:15pm-1:45pm Zach Thamm	
*POSTURE CORRECTION 5:15pm-6:15pm Dawei Joyce	YOUTH FITNESS 5:30pm-6:15pm Chris Yarn		YOUTH FITNESS 5:30pm-6:15pm Chris Yarn			
DRUMS ALIVE 6:30pm-7:15pm Marie Jones	GROUP CYCLING 6:00pm-6:45pm Zach Thamm		Total body strength&core 6:30pm-7:00pm Chris Santino			
7:30pm-8:15pm Marie Jones ZUMBA			GROUP CYCLING 6:00pm-6:45pm Zach Thamm			
	PILATES FUSION 6:30pm-7:30pm Marie Jones					

Please note that schedule is subject to change due to instructor availability, demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

- WEIGHT LOSS CHALLENGE AND POSTURE CORRECTION ARE PAID PROGRAMS-REGISTER ONLINE OR AT THE FRONT DESK

SIGN UP FOR PERSONAL TRAINING TODAY!

For more information, call the YMCA today at 810.732.9622 or visit us online at www.flintymca.org

