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** 9:00am-10:00am Rachel Harris	**MORNING STRONG** 6:00am-6:50am Marques Pool	**H.I.I.T** 9:15am-10:00am Zach Thamm	**MORNING STRONG** 8:00am-8:50am Marques Pool	
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	
STRENGTH & STRETCH 11:00am-12:00pm Rachel Harris	**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		**AMRAP ATTACK** 9:00am-10:00am Megan Butterfield	
		EMOM 5:00pm-5:30pm Zach Thamm	**GROUP CYCLING** 9:00am-10:00am Lydia Diem			
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	
	YOUTH FITNESS 5:30pm-6:15pm Chris Yarn		**YOUTH FITNESS** 5:30pm-6:15pm Chris Yarn			
Zumba 6:30pm-7:15pm Marie Jones	**GROUP CYCLING** 6:00pm-6:45pm Zach Thamm		**Total body strength&core** 6:30pm-7:00pm Chris Santino			
			GROUP CYCLING 6:00pm-6:45pm Zach Thamm			
PILATES 7:30pm-8:15pm Marie Jones	**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.

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