August

SUMNER COUNTY FAMILY YMCA

Classes highlighted in green are new

Classes highlighted in blue are Aquatics Classes

Indoor pool is closed during August - ALL Aquatics classes and activites will be located in the outdoor pool

MONDAY

Gym	5:00a	Boot Camp ^	Rich
A	**5:15a**	**Functional Fitness ~**	**Melissa**
OUT	8:00a	H20 Cardio ^	Kathy
CS	8:15a	Indoor Cycling ^	Annie
OUT	8:15a	H20 Flexibility ~	Duffy
Gym	8:30a	BODYPUMP™ ^	April
A	8:30a	Mat Pilates ~	Deb
B	9:00a	Boot Camp ^	Bridget
OUT	9:00a	H20 Cardio ^	Pam
C	9:00a	AOA Circuit ~	Riley
A	9:15a	Step/Strength Fusion ^	Deirdre
Gym	9:30a	Zumba ^	Deb
CS	9:30a	Indoor Cycling ~	Candy
C	10:00a	AOA Circuit ~	Riley
B	10:00a	HIIT Circuit	Caitlin
Gym	10:30a	Total Strength #	Candy
A	10:30a	Vinyasa Yoga ^	Victor
B	11:00a	AOA Strength ^	Patty
A	11:45a	Total Strength ^	Sonnet
Gym	12:15p	Total Strength ~	Cat
TP	1:00p	H20 Flexibility ~	Cynthia
B	4:30p	Youth Cardio ^	Team
Gym	4:30p	HIIT ~	April
A	4:30p	Plates & Weights ^	Samantha
CS	4:30p	Indoor Cycling ~	Charlene
A	5:30p	Total Strength ^	Samantha
CS	5:30p	Indoor Cycling ~	Charlene
OUT	6:00p	H20 Cardio ^	Patty
A	6:30p	Yoga ^	Jim

TUESDAY

A	5:00a	Total Strength ^	Karen
CS	5:10a	Indoor Cycling ~	Oliver
CS	6:00a	Indoor Cycling ~	Oliver
A	8:05a	Barre ^	Suzanne
OUT	8:00a	H20 Cardio ^	Kathy
CS	8:15a	Indoor Cycling ~	Becca
TRK	9:00a	Boot Camp ^	Tonya
OUT	9:00a	H20 Boot Camp ^	Matt
B	9:00a	Yoga ^	Annie
Gym	9:15a	Dance Blast ^	Jamie
A	9:15a	Step ^	Deirdre
C	10:00a	AOA Circuit ~	Steve
B	10:00a	Stretch & Recover ^	April
WC	10:30a	Treadmill Incline Class #	Rachel
A	10:30a	Total Strength ^	Deirdre
B	11:00a	AOA Strength ^	Steve
B	12:00p	AOA Yoga ~	Steve
A	11:45a	Vinyasa Yoga ^	Victor
Gym	12:15p	Total Strength ~	Lori
Gym	4:30p	Total Strength ^	Rachel F
B	4:30p	Mat Pilates ~	Karen
A	5:30p	BODYPUMP™ ^	Vivan
OUT	6:00p	H20 Cardio ^	Patty
B	6:00p	Yoga ^	Tara

WEDNESDAY

Gym	5:00a	Boot Camp ^	Melissa
OUT	5:10a	Walk/Run Group ~	Oliver
OUT	8:00a	H20 Cardio ^	Kathy
B	8:15a	Functional Balance #	Cat/Tara
CS	8:30a	Cycle ~	Caitlin/Annie
A	8:30a	Mat Pilates ~	Deb
B	8:45a	Zumba Gold ~	Johnna
C	9:00a	AOA Circuit ~	Cat
OUT	9:00a	H20 Cardio ^	Pam
OUT	9:00a	H20 Flexibility ~	Duffy
Gym	9:15a	Dance Blast ^	Jamie
A	9:30a	Kickboxing ^	Deb
C	9:45a	AOA Circuit ~	Riley
B	10:00a	Yoga/Pilates Fusion ~	Cat
Gym	10:30a	Total Strength ^	Jamie
A	10:40a	Vinyasa Yoga ^	Victor
B	11:00a	AOA Strength ^	Patty
A	12:15p	POUND® ~	Rachel F
B	4:30p	Youth Cardio ^	Team
Gym	4:30p	Boot Camp ^	Vern
A	5:30p	Plates & Weights ^	Samantha
B	6:15p	Yoga/Pilates Fusion ^	Cat

THURSDAY

A	5:00a	Total Strength ^	Karen
CS	5:10a	Indoor Cycling ~	Oliver
CS	6:00a	Indoor Cycling ~	Oliver
OUT	8:00a	H20 Cardio ^	Kathy
CS	8:15a	Indoor Cycling ~	Becca
A	8:20a	Step ~	Dana
OUT	9:00a	H20 Bootcamp ^	Patty
A	9:15a	Yoga ^	Deirdre
Gym	9:15a	HIIT ~	Kyla
CS	9:15a	Indoor Cycling ~	Charlene
B	9:30a	Zumba ^	Johnna
Gym	10:30a	Total Strength ^	Deirdre
B	10:30a	AOA Strength ^	Steve
WC	10:30a	Treadmill Incline Class #	Rachel S
A	10:30a	Barre ^	Ann-Loraine
A	11:45a	Restorative Yoga ^^^	April
Gym	4:30p	HIIT ~	Caitlin
B	4:30p	Mat Pilates ~	Karen
A	5:00p	Dance Blast ^^	Vivian
B	5:45p	Kickbox/Strength Fusion ^	Anna
A	6:00p	BODYPUMP™ ^	Sanja
OUT	6:00p	H20 Cardio ^	Patty

FRIDAY

Gym	5:00a	Boot Camp ^	Karen
OUT	8:00a	H20 Cardio ^	Kathy
CS	8:30a	Indoor Cycle ~	TBA
Gym	8:30a	BODYPUMP™ ^	Meg
A	8:30a	Mat Pilates ~	Deb
OUT	9:00a	H20 Cardio ^	Pam
C	**9:00a**	**AOA Circuit ~**	**Bridget**
OUT	9:00a	H20 Flexbility ~	Patty
A	9:30a	HIIT ^	Deirdre
CS	9:30a	Indoor Cycling ~	Candy
Gym	9:30a	Zumba ^	Deb
C	9:45a	AOA Circuit ~	Bridget
B	9:45a	Stretch & Recover ^^^	April
A	10:40a	Total Strength ^	Jamie
B	11:00a	AOA Strength ^	Patty
A	4:30p	Plates & Weights ^	Samantha

SATURDAY

CS	7:15a	Indoor Cycle ~	Sanja
A	8:15a	BODYPUMP™ ^	Sanja
A	9:30a	Zumba ^	Johnna
A	10:35a	Vinyasa Yoga ^	Victor

SUNDAY

A	1:15p	Vinyasa Yoga ^	Sara
CS	1:30p	Cycle Blast ~	Sanja
B	2:30p	Foam Rolling ~	Sanja

Lap Swim/Walk Times:

Monday-Friday
6:15am - 7:45am
10:15am - 2pm
Saturday: 7am-10am

NO Lap Swimming on the afternoon of Thursday August 4th

Key

A – Studio A
B – Studio B
C- Studio C
CS- Cycle Studio
GYM- Basketball Gym
OUT- Outside
TRK- Track
WC- Wellness Center
LP- Lap Pool
TP- Therapy Pool

 # 30 min
~ 45min
^^ 50 min
^ 60 min
^^^ 75 min

***Class descriptions are on the back.**
***Classes are subject to change based on participation.**