



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Fall 2020 Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	KettleBells and Abs with Kelly			Bodyweight HIIT with Kelly		
8:00am	BODYPUMP with Haywood	Yoga with Kathleen & Cycle & Core With Dan	Power Sculpt with Haywood	Yoga with Kathleen	ZUMBA/MIXXEDFIT with Diane	
9:00am	Line Dancing with Elaine & Power Sculpt with Haywood		Dance Fusion with Elaine & BODYPUMP with Haywood			
10:00 am						Zumba with Diane (1 st ,3 rd and 5 th) or Brittany (2 nd and 4 th)
11:00am						Boot Camp with Elwood
12:00am	BODYPUMP with Rebecca					
6:00pm	BODYPUMP with Willie & Cycle With Jessica	Zumba with Diane	BODYPUMP with Marvis	Cardio HITT with Willie		

Rocky Mount Family YMCA, Inc. d/b/a Harrison Family YMCA
 1000 Independence Drive, Rocky Mount, NC 27804 (physical address)
 PO Box 4063, Rocky Mount, NC 27803 (mailing address)
 P 252 972 9622 F 252 972 3580 harrisonfamilyY.org