



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# March 1 - May 31<sup>st</sup> 2022

## Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am			Pilates With Beth			
8:00 am	BODYPUMP with Haywood	Yoga with Kathleen Cycle 30 & Abs 15 With Dan	Power Sculpt with Haywood	Yoga with Kathleen	8:15 HIIT (30) With Katya	7:45 BODYPUMP With Willie
9:00 am	Line Dancing with Elaine (Family Gym)	Dance Fusion  With Elaine	Cycle 30 with Haywood & Low impact Boot Camp With Beverly	BODYPUMP With Haywood	Pilates  With Katya	Cycle  Rotating Beth, Haywood and Jessica
10:00 am	Stretch With Kaylee	10:15 Silver Sneakers Classic With Beverly	Stretch With Michelle	10:15 Silver Sneakers Classic With Staff	Senior Sculpt With Kaylee	Zumba/MIXXEDFIT with Diane
11:00 am						Boot Camp with Elwood
12:15 pm	HITT & Abs With Dan	KettleBell Interval With Katya	Power Up & Abs With Kaylee	Butts and Guts With Katya		
5:30 pm	Power Sculpt With Haywood & Cycle (studio 2) With Jessica	MIXXEDIFT  With Diane	BODYPUMP with Willie	Cardio and Tone With Marvis		
6:45 pm	Zumba/MIXXEDFIT With Diane	Yoga, Pilates and Core With Willie	Boot Camp With Elwood	Yoga With Kelly		

**\*All classes require reservations, limited spots available.**

**\*\* If you are 10 minutes late to class, you may lose your reservation.**

**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