



Harrison Family YMCA
May 3rd - May 26th

1000 Independence Drive
Rocky Mount, NC 27804
2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Cycle* Studio 2 Rita Boucher 5am - 6am	HIIT Studio 1 Beth Parrish 5am - 6am	Power Sculpt Studio 1 Kelly Bly 5am - 6am	Pilates Studio 1 Beth Parrish 5am - 6am	HIIT Studio 1 Kelly Bly 5am - 6am		
6am				Cycle* Studio 2 Kelly Bly 6am - 7am			
7am		Pilates Studio 1 Kathleen Loucks 7:15am - 8:15am				Body Sculpt Studio 1 Rotating 7:15am - 8:15am	
8am	Power Sculpt Studio 1 Haywood Parker 8:15am - 9:15am	Yoga Studio 1 Kathleen Loucks 8:15am - 9:15am	Pedal & Pump* Studio 1 Haywood Parker 8:15am - 9:15am	Yoga Studio 1 Kathleen Loucks 8:15am - 9:15am	Boot Camp Studio 1 Kimberly Marsigli 8:15am - 9:15am	Cycle* Studio 2 Rotating 8:30am - 9:30am	
		Cycle* Studio 2 Haywood Parker 8:15am - 9:15am		Kettlebell Interval Studio 2 Haywood Parker 8:15am - 9:15am			
9am	Cycle* Studio 2 Haywood Parker 9:15am - 9:45am	Dance Fusion Studio 1 Elaine Jaber 9:30am - 10:30am	Cardio Fusion Studio 1 Sharon Simons 9:15am - 10:15am		Cycle and Pilates Props* Studio 2 Sharon Simons 9am - 10am		
	Cardio Fusion Studio 1 Sharon Simons 9:15am - 10:15am		Abs Studio 2 Haywood Parker 9:15am - 9:30am		Body Sculpt Studio 1 Ekaterina Belaya-Sykes 9:30am - 10:30am		
10am	Line Dancing Studio 1 Elaine Jaber 10:15am - 11:15am	Silver Sneakers Studio 1 Beverly Nines 10:45am - 11:30am		Silver Sneakers Studio 1 Sharon Simons 10:45am - 11:30am		Boot Camp Studio 2 Elwood Whitaker 10:30am - 11:30am	
11am	Senior Sculpt Studio 1 Beverly Nines 11:15am - 12pm				Senior Sculpt Studio 1 Rebecca Bauguess 11:15am - 12pm		
12pm	Abs Studio 1 Ekaterina Belaya-Sykes 12pm - 12:15pm	Butts & Guts Studio 2 Ekaterina Belaya-Sykes 12:15pm - 1pm	Abs Studio 1 Kimberly Marsigli 12pm - 12:15pm	Cycle & Core* Studio 2 Kimberly Marsigli 12:15pm - 1pm	HIIT and yoga Studio 1 Rotating 12pm - 1pm		
	Body Sculpt Studio 1 Ekaterina Belaya-Sykes 12:15pm - 1pm		HIIT Studio 1 Kimberly Marsigli 12:15pm - 1pm				
5pm	Abs Studio 1 Haywood Parker 5:15pm - 5:30pm	Abs Studio 1 Jessica Horne 5:15pm - 5:30pm	Power Sculpt & Core Studio 1 Dan Kirkpatrick 5:30pm - 6:30pm	Cycle* Studio 2 Jessica Horne 5:30pm - 6:30pm			
	HIIT Step Studio 1 Haywood Parker 5:30pm - 6:30pm	HIIT Studio 1 Jessica Horne 5:30pm - 6:30pm		Zumba Studio 1 Grace Dumayas-Booth 5:30pm - 6:30pm			
	Cycle* Studio 2 Dan Kirkpatrick 5:30pm - 6:30pm	Cycle* Studio 2 Haywood Parker 5:30pm - 6:30pm					
6pm	Boot Camp Studio 1 Elwood Whitaker 6:30pm - 7:30pm	Yoga Studio 1 Rebecca Bauguess 6:30pm - 7:30pm	Boot Camp Studio 1 Elwood Whitaker 6:30pm - 7:30pm	Yoga Studio 1 Rebecca Bauguess 6:30pm - 7:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program. *Need to sign in prior to class starting. Sign in sheet located beside door of studio 2.



Water Fitness Schedule

April 1-May 26

1000 Independence Drive
Rocky Mount, NC 27804
252972962

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Aquacise Rec Pool Julie Woodfin 8-9am		Aquacise Rec Pool Julie Woodfin 8-9am		Aquacise Rec Pool Julie Woodfin 8-9am		
9am	Deep Water Aerobics Comp Pool Agnes Moore 9-10am		Deep Water Aerobics Comp Pool Agnes Moore 9-10am		Deep Water Aerobics Comp Pool Agnes Moore 9-10am		
10am	Shallow Water Aerobics Rec Pool Julie Woodfin 10-11am		Shallow Water Aerobics Rec Pool Julie Woodfin 10-11am		Shallow Water Aerobics Rec Pool Julie Woodfin 10-11am		
11:15am	Arthritis Aquatic Program Rec Pool Julie Woodfin 11:15-12pm		Arthritis Aquatic Program Rec Pool Julie Woodfin 11:15-12pm		Arthritis Aquatic Program Rec Pool Julie Woodfin 11:15-12pm		
6:30pm	Shallow Water Aerobics Rec Pool Mary Pulver 6:30-7:15pm	Shallow Water Aerobics Rec Pool Mary Pulver 6:30-7:15pm	Shallow Water Aerobics Rec Pool Mary Pulver 6:30-7:15pm	Aqua Zumba Rec Pool Grace Dumayas- Booth 6:30-7:15 pm			
7:00pm		Deep Water Aerobics Rec Pool Agnes Moore 7-7:45pm		Deep Water Aerobics Rec Pool Agnes Moore 7-7:45pm			