



Harrison Family YMCA  
December 1st - December 31st

1000 Independence Drive  
Rocky Mount, NC 27804  
2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>HIIT</b> Studio 1 Kelly Bly 5am - 6am	<b>Power Sculpt</b> Studio 1 Beth Parrish 5am - 6am	<b>Cycle*</b> Studio 2 Kelly Bly 5am - 6am	<b>BodyPump</b> Studio 1 Willie Chan 5am - 6am			
7am						<b>Body Pump</b> Studio 1 Rotating Instructors 7:15am - 8:15am	
8am	<b>BODYPUMP/Power sculpt</b> Studio 1 Haywood Parker 8:15am - 9:15am	<b>Yoga</b> Studio 1 Kathleen Loucks 8:15am - 9:15am	<b>Pedal &amp; Pump*</b> Studio 1 Haywood Parker 8:15am - 9:15am	<b>Yoga</b> Studio 1 Kathleen Loucks 8:15am - 9:15am	<b>Boot Camp</b> Studio 1 Ekaterina Belaya-Sykes 8:15am - 9:15am	<b>Cycle*</b> Studio 2 Rotating Instructors 8:30am - 9:30am	
		<b>Cycle &amp; Core*</b> Studio 2 Dan Kirkpatrick 8:15am - 9:15am					
9am	<b>Cardio Fusion</b> Studio 1 Beverly Nines 9:20am - 10:20am	<b>Dance Fusion</b> Studio 1 Elaine Jaber 9:30am - 10:30am	<b>Yoga</b> Studio 1 Rebecca Bauguess 9:20am - 10:20am	<b>Kettlebell Interval</b> Studio 1 Heather Kim 9:20am - 10:20am	<b>Cycle*</b> Studio 2 Rebecca Bauguess 9am - 9:30am		
	<b>Cycle*</b> Studio 2 Haywood Parker 9:30am - 10am				<b>Pilates</b> Studio 1 Ekaterina Belaya-Sykes 9:30am - 10am		
10am	<b>Line Dancing</b> Studio 1 Elaine Jaber 10:25am - 11:25am	<b>Silver Sneakers</b> Studio 1 Beverly Nines 10:45am - 11:30am		<b>Silver Sneakers</b> Studio 1 Rebecca Bauguess 10:45am - 11:30am	<b>Senior Sculpt</b> Studio 1 Rebecca Bauguess 10:15am - 11am	<b>Boot Camp</b> Studio 1 Elwood Whitaker 10:30am - 11:30am	
12pm	<b>Body Sculpt</b> Studio 1 Ekaterina Belaya-Sykes 12:15pm - 1pm	<b>HIIT</b> Studio 1 Ekaterina Belaya-Sykes 12:15pm - 1pm	<b>Circuit Toning</b> Studio 1 Heather Kim 12:15pm - 1pm	<b>BodyPump</b> Studio 1 Rebecca Bauguess 12:15pm - 1pm			
5pm	<b>BODYPUMP/Power sculpt</b> Studio 1 Haywood Parker 5:30pm - 6:30pm	<b>Step Interval</b> Studio 1 Haywood Parker 5:30pm - 6:30pm	<b>Body Pump</b> Studio 1 Marvis Mercer 5:30pm - 6:30pm	<b>Cycle*</b> Studio 2 Jessica Horne 5:30pm - 6:30pm			
		<b>Cycle*</b> Studio 2 Jessica Horne 5:30pm - 6:30pm		<b>Zumba</b> Studio 1 Teleasha Edwards 5:30pm - 6:30pm			
6pm	<b>Boot Camp</b> Studio 1 Elwood Whitaker 6:40pm - 7:40pm	<b>Yoga</b> Studio 1 Kalee Hall 6:40pm - 7:40pm	<b>Boot Camp</b> Studio 1 Elwood Whitaker 6:40pm - 7:40pm	<b>Yoga</b> Studio 1 Kalee Hall 6:40pm - 7:40pm			

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.

## Water Aerobics Schedule

### Harrison Family YMCA

***October 1 – December 31***

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	<b>Aquacise</b> Rec Pool <i>Julie Woodfin</i> 8:00-9:00am		<b>Aquacise</b> Rec Pool <i>Julie Woodfin</i> 8:00-9:00am		<b>Aquacise</b> Rec Pool <i>Julie Woodfin</i> 8:00-9:00am
9am	<b>Deep water Aerobics</b> Comp Pool <i>Agnes Moore</i> 9:00-10:00am		<b>Deep water Aerobics</b> Comp Pool <i>Agnes Moore</i> 9:00-10:00am		<b>Deep water Aerobics</b> Comp Pool <i>Agnes Moore</i> 9:00-10:00am
10am	<b>Shallow water Aerobics</b> Comp Pool <i>Julie Woodfin</i> 10:00-11:00am		<b>Shallow water Aerobics</b> Comp Pool <i>Julie Woodfin</i> 10:00-11:00am		<b>Shallow water Aerobics</b> Comp Pool <i>Julie Woodfin</i> 10:00-11:00am
11:15am	<b>Arthritis Aquatic Program</b> Rec Pool <i>Julie Woodfin</i> 11:15-12:00pm	<b>Shallow Water Aerobics</b> Comp Pool <i>Mary Pulver</i> 12:30-1:15pm	<b>Arthritis Aquatic Program</b> Rec Pool <i>Julie Woodfin</i> 11:15-12:00pm	<b>Shallow water Aerobics</b> Comp Pool <i>*Alternating</i> 12:30-1:15pm	<b>Arthritis Aquatic Program</b> Rec Pool <i>Julie Woodfin</i> 11:15-12:00pm
6:30 pm	<b>Aqua Zumba</b> Rec Pool <i>Brittany Carson</i> 6:30-7:15 pm	<b>Shallow water Aerobics</b> Rec Pool <i>Mary Pulver</i> 6:30-7:15 pm	<b>Shallow water Aerobics</b> Rec Pool <i>Mary Pulver</i> 6:30-7:15 pm	<b>Shallow water Aerobics</b> Rec Pool <i>*Alternating</i> 6:30-7:15 pm	<i>*Julie 1<sup>st</sup> &amp; 3<sup>rd</sup> *Mary 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup></i>