



Harrison Family YMCA Group Exercise Schedule May 27th - September 1st

1000 Independence Drive
Rocky Mount, NC 27804
2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Cycle* Studio 2 Beth Parrish 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		New Rider Cycle** Studio 2 Rebecca Bauguess 7:30am - 8am				Body Sculpt Studio 2 Rotating Instructors 7:15am - 8:15am	
8am	Power Sculpt Studio 1 Haywood Parker 8:15am - 9:15am	Yoga Studio 1 Kathleen Loucks 8:15am - 9:15am	Mix-it-up Studio 1 Haywood Parker 8:15am - 9:15am	Cycle* Studio 2 Haywood Parker 8:15am - 9:15am	Boot Camp Studio 1 Ekaterina Belaya-Sykes 8:15am - 9:15am	New Rider Cycle** Studio 2 Rebecca Bauguess 8am - 8:30am	
		Cycle* Studio 2 Haywood Parker 8:15am - 9:15am		Yoga Studio 1 Kathleen Loucks 8:15am - 9:15am		Cycle* Studio 2 Rotating Instructors 8:30am - 9:30am	
9am	Cardio Fusion Studio 1 Sharon Simons 9:15am - 10:15am	Dance Fusion Studio 1 Elaine Jaber 9:30am - 10:30am	Cardio Fusion Studio 1 Sharon Simons 9:15am - 10:15am	Kettlebell Interval Studio 1 Heather Kim 9:15am - 10:15am	Cycle* Studio 2 Sharon Simons 9am - 9:30am		
	Cycle* Studio 2 Haywood Parker 9:30am - 10am				Pilates with Props Studio 1 Sharon Simons 9:30am - 10am		
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		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 Michelle Johnson 12pm - 12:15pm	Abs Studio 1 Michelle Johnson 12pm - 12:15pm			
	Body Sculpt Studio 1 Ekaterina Belaya-Sykes 12:15pm - 1pm		Circuit Toning Studio 1 Michelle Johnson 12:15pm - 1pm	Cycle* Studio 2 Michelle Johnson 12:15pm - 1pm			
1pm			New Rider Cycle** Studio 2 Rebecca Bauguess 1pm - 1:30pm				
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	Zumba Studio 1 Teleasha Edwards 5:30pm - 6:30pm			

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. **New rider classes happen the first full week of each month.



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	MON	TUE	WED	THU	FRI	SAT	SUN
	Cycle* Studio 2 Dan Kirkpatrick 5:30pm - 6:30pm	Body Sculpt Studio 1 Willie Chan 5:30pm - 6:30pm		Cycle* Studio 2 Jessica Horne 5:30pm - 6:30pm			
	HIIT Step Studio 1 Haywood Parker 5:30pm - 6:30pm	Cycle* Studio 2 Jessica Horne 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			
	New Rider Cycle** Studio 2 Rebecca Bauguess 6:30pm - 7pm						

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Water Fitness Schedule
May 27th - September 1st

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Aquacise Rec Pool Julie Woodfin 8:00-9:00am		Aquacise Rec Pool Julie Woodfin 8:00-9:00am		Aquacise Rec Pool Julie Woodfin 8:00-9:00am
9am	Deep water Aerobics Comp Pool Agnes Moore 9:00-10:00am		Deep water Aerobics Comp Pool Agnes Moore 9:00-10:00am		Deep water Aerobics Comp Pool Agnes Moore 9:00-10:00am
10am	Shallow water Aerobics Comp Pool Julie Woodfin 10:00-11:00am		Shallow water Aerobics Comp Pool Julie Woodfin 10:00-11:00am		Shallow water Aerobics Comp Pool Julie Woodfin 10:00-11:00am
11:15am	Arthritis Aquatic Program Rec Pool Julie Woodfin 11:15-12:00pm		Arthritis Aquatic Program Rec Pool Julie Woodfin 11:15-12:00pm		Arthritis Aquatic Program Rec Pool Julie Woodfin 11:15-12:00pm
6:30 pm	Shallow water Aerobics Rec Pool Mary Pulver 6:30-7:15 pm	Shallow water Aerobics Rec Pool Mary Pulver 6:30-7:15 pm	Shallow water Aerobics Rec Pool Mary Pulver 6:30-7:15 pm	Shallow water Aerobics Rec Pool *Alternating 6:30-7:15 pm	*Julie 1 st & 3 rd *Mary 2 nd , 4 th and 5 th
7:00pm		Deep Water Aerobics Rec Pool Agnes More 7:00-7:45 pm		Deep Water Aerobics Rec Pool Agnes More 7:00-7:45 pm	