



Harrison Family YMCA
 October 1st - October 13th
 Group Exercise Schedule

1000 Independence Drive
 Rocky Mount, NC 27804
 2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Cycle* Studio 2 Kelly Bly 5am - 6am	Power Sculpt Studio 1 Beth Parrish 5am - 6am	HIIT Studio 1 Kelly Bly 5am - 6am		Cycle* Studio 2 Beth Parrish 5am - 6am		
7am						Body Sculpt Studio 1 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	Body Sculpt Studio 1 Haywood Parker 8:15am - 9:15am	Yoga Studio 1 Kathleen Loucks 8:15am - 9:15am	Boot Camp Studio 1 Ekaterina Belaya-Sykes 8:15am - 9:15am	Cycle* Studio 2 Rotating Instructors 8:30am - 9:30am	
		Cycle* Studio 2 Dan Kirkpatrick 8:15am - 9:15am					
9am	Cardio Fusion Studio 1 Sharon Simons 9:20am - 10:20am	Dance Fusion Studio 1 Elaine Jaber 9:30am - 10:30am	Cardio Fusion Studio 1 Sharon Simons 9:20am - 10:20am	Kettlebell Interval Studio 1 Heather Kim 9:20am - 10:20am	Cycle* Studio 2 Sharon Simons 9am - 9:30am		
	Cycle* Studio 2 Haywood Parker 9:30am - 10am				Mind and Body fusion Studio 1 Sharon Simons 9:30am - 10am		
10am	Line Dancing Studio 1 Elaine Jaber 10:25am - 11:25am	Silver Sneakers Studio 1 Beverly Nines 10:45am - 11:30am		Silver Sneakers Studio 1 Sharon Simons 10:45am - 11:30am	Senior Sculpt Studio 1 Rebecca Bauguess 10:15am - 11am	Boot Camp Studio 1 Elwood Whitaker 10:30am - 11:30am	
12pm	Body Sculpt Studio 1 Ekaterina Belaya-Sykes 12:15pm - 1pm	HIIT Studio 1 Ekaterina Belaya-Sykes 12:15pm - 1pm	Circuit Toning Studio 1 Heather Kim 12:15pm - 1pm				
1pm	Enhance Fitness Studio 1 Beverly Nines 1:30pm - 2:30pm		Enhance Fitness Studio 1 Rebecca Bauguess 1:30pm - 2:30pm		Enhance Fitness Studio 1 Rebecca Bauguess 1:30pm - 2:30pm		
5pm	Body Sculpt Studio 1 Haywood Parker 5:30pm - 6:30pm	Abs Studio 1 Haywood Parker 5:15pm - 5:30pm	Power sculpt, core and stretch Studio 1 Willie Chan 5:30pm - 6:30pm	Abs Studio 1 Jessica Horne 5:15pm - 5:30pm			
		Step Interval Studio 1 Haywood Parker 5:30pm - 6:30pm		Cycle* Studio 2 Jessica Horne 5:30pm - 6:30pm			
		Cycle* Studio 2 Jessica Horne 5:30pm - 6:30pm		Zumba Studio 1 Teleasha Edwards 5:30pm - 6:30pm			
6pm	Boot Camp Studio 1 Elwood Whitaker 6:40pm - 7:40pm	Yoga Studio 1 Kalee Hall 6:40pm - 7:40pm	Boot Camp Studio 1 Elwood Whitaker 6:40pm - 7:40pm	Yoga Studio 1 Rebecca Bauguess 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.



Harrison Family YMCA
 October 1st - November 1st
 Water Fitness Schedule

1000 Independence Drive
 Rocky Mount, NC 27804
 2529729622

	MON	TUE	WED	THU	FRI
8am	Aquacise Rec Pool <i>Julie Woodfin</i> 8:00-9:00am		Aquacise Rec Pool <i>Julie Woodfin</i> 8:00-9:00am		Aquacise Rec Pool <i>Julie Woodfin</i> 8:00-9:00am
9am	Deep water Aerobics Comp Pool <i>Agnes Moore</i> 9:00-10:00am		Deep water Aerobics Comp Pool <i>Agnes Moore</i> 9:00-10:00am		Deep water Aerobics Comp Pool <i>Agnes Moore</i> 9:00-10:00am
10am	Shallow water Aerobics Comp Pool <i>Julie Woodfin</i> 10:00-11:00am		Shallow water Aerobics Comp Pool <i>Julie Woodfin</i> 10:00-11:00am		Shallow water Aerobics Comp Pool <i>Julie Woodfin</i> 10:00-11:00am
11:15am	Arthritis Aquatic Program Rec Pool <i>Julie Woodfin</i> 11:15-12:00pm	Shallow Water Aerobics Comp Pool <i>Mary Pulver</i> 12:30-1:15pm	Arthritis Aquatic Program Rec Pool <i>Julie Woodfin</i> 11:15-12:00pm	Shallow water Aerobics Comp Pool <i>*Alternating</i> 12:30-1:15pm	Arthritis Aquatic Program Rec Pool <i>Julie Woodfin</i> 11:15-12:00pm
6:30 pm	Aqua Zumba Rec Pool <i>Brittany Carson</i> 6:30-7:15 pm	Shallow water Aerobics Rec Pool <i>Mary Pulver</i> 6:30-7:15 pm	Shallow water Aerobics Rec Pool <i>Mary Pulver</i> 6:30-7:15 pm	Shallow water Aerobics Rec Pool <i>*Alternating</i> 6:30-7:15 pm	<i>*Julie 1st & 3rd *Mary 2nd, 4th and 5th</i>