



Harrison Family YMCA
 Group Fitness Schedule
 January 1st - March 31st

1000 Independence Drive
 Rocky Mount, NC 27804
 2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	HIIT Studio 1 Kelly Bly 5am - 6am	Power Sculpt Studio 1 Beth Parrish 5am - 6am	Cycle* Studio 2 Kelly Bly 5am - 6am	BodyPump Studio 1 Willie Chan 5am - 6am			
7am						Body Pump Studio 1 Rotating Instructors 7:15am - 8:15am	
8am	BODYPUMP/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 Ekaterina Belaya-Sykes 8:15am - 9:15am	Cycle* Studio 2 Rotating Instructors 8:30am - 9:30am	
		Cycle & Core* Studio 2 Dan Kirkpatrick 8:15am - 9:15am					
9am	Cardio Fusion Studio 1 Beverly Nines 9:20am - 10:20am	Dance Fusion Studio 1 Elaine Jaber 9:30am - 10:30am	Cardio Fusion Studio 1 Beverly Nines 9:20am - 10:20am	Kettlebell Interval Studio 1 Heather Kim 9:20am - 10:20am	Cycle* Studio 2 Rebecca Bauguess 9am - 9:30am		
	Cycle* Studio 2 Haywood Parker 9:30am - 10am				Pilates Studio 1 Ekaterina Belaya-Sykes 9:30am - 10am		
10am	Line Dancing Studio 1 Elaine Jaber 10:25am - 11:25am	Silver Sneakers Studio 1 Beverly Nines 10:45am - 11:30am	Yoga Studio 1 Rebecca Bauguess 10:25am - 11:25am	Silver Sneakers Studio 1 Rebecca Bauguess 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 Pump Studio 1 Rebecca Bauguess 12:15pm - 1pm	Butts & Guts Studio 1 Ekaterina Belaya-Sykes 12:15pm - 1pm	Circuit Toning Studio 1 Heather Kim 12:15pm - 1pm	Body Sculpt Studio 1 Ekaterina Belaya-Sykes 12:15pm - 1pm			
5pm	BODYPUMP/Power sculpt Studio 1 Haywood Parker 5:30pm - 6:30pm	Step Interval Studio 1 Haywood Parker 5:30pm - 6:30pm	Body Pump Studio 1 Marvis Mercer 5:30pm - 6:30pm	Cardio Burn Studio 1 Willie Chan 5:30pm - 6:30pm			
		Cycle* Studio 2 Jessica Horne 5:30pm - 6:30pm		Cycle* Studio 2 Jessica Horne 5:30pm - 6:30pm			
6pm	Boot Camp Studio 1 Elwood Whitaker 6:40pm - 7:40pm		Boot Camp Studio 1 Elwood Whitaker 6:40pm - 7:40pm	Yoga Studio 1 Rebecca Bauguess 6:40pm - 7:40pm	Virtual Less Mills Grit Cardio Studio 1 No Instructor 6:05pm - 6:35pm		

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 1st – December 31st

	Monday	Tuesday	Wednesday	Thursday	Friday
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>