



January-March 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pedal & Pump with Kelly		Pilates With Beth	Kettlebell with Kelly		
8:00am	BODYPUMP with Haywood	Yoga with Kathleen & Cycle & Core With Dan	Power Sculpt with Haywood	Yoga with Kathleen	Pilates With Katya	
9:00am	Line Dancing with Elaine & Cycle with Haywood	Dance Fusion with Elaine	Pedal and Pump with Haywood			
10:00 am						Zumba with Diane (1 st , 3 rd and 5 th) or Brittany (2 nd and 4 th)
11:00am						Boot Camp with Elwood
12:15 pm	BODYPUMP with Rebecca		Buts and Guts with Katya			
5:30 pm	BODYPUMP with Willie		BODYPUMP with Marvis	Mind/Body/Core with Willie		
6:45 pm	Boot Camp With Elwood	Zumba With Diane at 6:30	Boot Camp With Elwood	Step With Diane		

Rocky Mount Family YMCA, Inc. d/b/a Harrison Family YMCA
1000 Independence Drive, Rocky Mount, NC 27804 (physical address)
PO Box 4063, Rocky Mount, NC 27803 (mailing address)
P 252 972 9622 F 252 972 3580 harrisonfamilyY.org