



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 1- March 31, 2022

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am			Pilates With Beth			
8:00am	BODYPUMP with Haywood	Yoga with Kathleen	Power Sculpt with Haywood	Yoga with Kathleen	8:15 HIIT (30) With Katya	7:45 BODYPUMP With Willie
9:00am	Line Dancing with Elaine (Family Gym)	Dance Fusion with Elaine	Cycle (30) with Haywood & Low impact Boot Camp With Beverly	BODYPUMP With Rebecca	Pilates With Katya	Cycle Rotating Beth, Haywood and Jessica
10:00 am	Gentle Yoga With Rebecca	10:15 Silver Sneakers Classic With Beverly	Gentle Yoga With Rebecca	10:15 Silver Sneakers Classic With Rebecca	Senior Sculpt With Rebecca	Zumba/MIXXEDFIT with Diane
11:00am						Boot Camp with Elwood
12:15 pm	BODYPUMP With Rebecca	KettleBell Interval With Katya	BODYPUMP With Rebecca	Butts and Guts With Katya		
5:30 pm	Power Sculpt With Haywood & Cycle (studio 2) With Jessica	MIXXEDIFT With Diane	BODYPUMP with Willie	Cardio and Tone With Marvis		
6:45 pm	Zumba/MIXXEDFIT With Diane	Yoga, Pilates and Core With Willie	Boot Camp With Elwood	Yoga With Kelly		

***All classes require reservations, limited spots available.**

**** If you are 10 minutes late to class, you may loose your reservation.**

Rocky Mount Family YMCA, Inc. d/b/a Harrison Family YMCA

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