



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

June 2021

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Pedal & Pump with Kelly		Pilates with Beth	Strength, Sculpt & Sweat with Kelly		
8:00am	BODYPUMP with Haywood	Yoga with Kathleen & HIIT With Dan	Power Sculpt with Haywood	Yoga with Kathleen	Boot Camp With Katya	
9:00am	Line Dancing with Elaine	Dance Fusion with Elaine	Pedal and Pump with Haywood & Low impact Boot Camp With Beverly	BODYPUMP With Rebecca	Pilates (45 min) With Katya	Pedal and Pump With Beth or Dan
10:00 am	Gentle Yoga With Rebecca	Silver Sneakers With Beverly		Silver Sneakers With Julie		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	Kettlebell With Katya	BODYPUMP With Rebecca	Buts and Guts With Katya		
5:30 pm	BODYPUMP with Willie	Zumba With Diane	BODYPUMP with Marvis	Step With Diane		
6:45 pm	Boot Camp With Elwood		Boot Camp With Elwood	Mind/Body/Core with Willie		

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