Harrison Family YMCA
Group Exercise Schedule
October 15th – November 24th

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	**BodyPump** Studio 1 Haywood Parker 5am - 6am	**Cycle*** Studio 2 Beth Parrish 5am - 6am		
7am						**Body Sculpt** Studio 1 Rotating Instructors 7:15am - 8:15am	
8am	**BodyPump** 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* 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	**BodyPump** Studio 1 Rebecca Bauguess 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	**Power Sculpt** Studio 1 Haywood Parker 5:30pm - 6:30pm	**Abs** Studio 1 Haywood Parker 5:15pm - 5:30pm	**Body Pump** Studio 1 Rebecca Bauguess 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 2 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	**Aquacise** Rec Pool *Julie Woodfin* 8:00-9:00am		**Aquacise** Rec Pool *Julie Woodfin* 8:00-9:00am		**Aquacise** Rec Pool *Julie Woodfin* 8:00-9:00am
9am	**Deep water Aerobics** Comp Pool *Agnes Moore* 9:00-10:00am		**Deep water Aerobics** Comp Pool *Agnes Moore* 9:00-10:00am		**Deep water Aerobics** Comp Pool *Agnes Moore* 9:00-10:00am
10am	**Shallow water Aerobics** Comp Pool *Julie Woodfin* 10:00-11:00am		**Shallow water Aerobics** Comp Pool *Julie Woodfin* 10:00-11:00am		**Shallow water Aerobics** Comp Pool *Julie Woodfin* 10:00-11:00am
11:15am	**Arthritis Aquatic Program** Rec Pool *Julie Woodfin* 11:15-12:00pm	**Shallow Water Aerobics** Comp Pool *Mary Pulver* 12:30-1:15pm	**Arthritis Aquatic Program** Rec Pool *Julie Woodfin* 11:15-12:00pm	**Shallow water Aerobics** Comp Pool *Alternating* 12:30-1:15pm	**Arthritis Aquatic Program** Rec Pool *Julie Woodfin* 11:15-12:00pm
6:30 pm	**Aqua Zumba** Rec Pool *Brittany Carson* 6:30-7:15 pm	**Shallow water Aerobics** Rec Pool *Mary Pulver* 6:30-7:15 pm	**Shallow water Aerobics** Rec Pool *Mary Pulver* 6:30-7:15 pm	**Shallow water Aerobics** Rec Pool *Alternating* 6:30-7:15 pm	*Julie 1st &3rd *Mary 2nd, 4th and 5th