



Fitness and Water Aerobics Class Schedule
Henderson Family YMCA
June 1st - June 30th

380 Ruin Creek Road
Henderson, NC 27536
(252) 438-2144

	MON	TUE	WED	THU	FRI	SAT	SUN
7am	C. A. R. E. Fitness Various Instructors 7:30am - 8:30am		C. A. R. E. Fitness Various Instructors 7:30am - 8:30am		C. A. R. E. Fitness Various Instructors 7:30am - 8:30am		
8am	Zumba Fitness Amanda Edwards 8:30am - 9:30am	Yoga Fitness Jean Bell 8:30am - 9:30am	Zumba Fitness Amanda Edwards 8:30am - 9:30am	Yoga Fitness Jean Bell 8:30am - 9:30am		Cardio Body Pump Fitness Matilda Bullock 8am - 9am	
		Silver Sneakers (circuit) Fitness Various Instructors 8:30am - 9:30am		Silver Sneakers (circuit) Fitness Various Instructors 8:30am - 9:30am			
9am	Water Fitness & Fun Pool Mary Jane Fink 9am - 10am	Core and More Fitness Various Instructors 9:30am - 10:30am	Jammin' Step Fitness Nancy Whitt 9:30am - 10:30am	Core and More Fitness Various Instructors 9:30am - 10:30am	Silver Sneakers (circuit) Fitness Various Instructors 9am - 10am	Spartan SGX Fitness Willie Livingston 9am - 10am	
	Jammin' Step Fitness Nancy Whitt 9:30am - 10:30am	Paddle with Patty Pool Patty McHenry 9:30am - 10:30am	Silver Sneakers (classic) Fitness Various Instructors 9:30am - 10:30am	Paddle with Patty Pool Patty McHenry 9:30am - 10:30am	Water Fitness & Fun Pool Mary Jane Fink 9am - 10am		
	Silver Sneakers (classic) Fitness Various Instructors 9:30am - 10:30am				Jammin' Step Fitness Nancy Whitt 9:30am - 10:30am		
10am	Aquacise Pool Various Instructors 10am - 11am	Silver Sneakers (circuit) Fitness Various Instructors 10:30am - 11:30am	Aquacise Pool Various Instructors 10am - 11am	Silver Sneakers (circuit) Fitness Various Instructors 10:30am - 11:30am	Line Dancing Fitness Various Instructors 10am - 11am	Zumba Fitness Various Instructors 10am - 11am	
	Indoor Cycling Fitness Various Instructors 10am - 11am				Aquacise Pool Various Instructors 10am - 11am	Yoga Fitness Various Instructors 10:15am - 11:15am	
11am					Yoga Fitness Jean Bell 11am - 12pm		
12pm		Yoga Fitness Jean Bell 12:15pm - 1:15pm		Yoga Fitness Jean Bell 12:15pm - 1:15pm			
2pm							Indoor Cycling Fitness Valerie Strouse-Bryant 2pm - 3pm
4pm	Body Sculpt / Boot Camp Fitness Various Instructors 4:30pm - 5:30pm		Body Sculpt / Boot Camp Fitness Various Instructors 4:30pm - 5:30pm				

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.



Fitness and Water Aerobics Class Schedule
Henderson Family YMCA
 June 1st - June 30th

380 Ruin Creek Road
 Henderson, NC 27536
 (252) 438-2144

	MON	TUE	WED	THU	FRI	SAT	SUN
5pm	Zumba Fitness Amanda Edwards 5:30pm - 6:30pm	Cardio Body Pump Fitness Matilda Bullock 5:30pm - 6:30pm	Core Training Fitness Bobbie Lequire 5:30pm - 6:30pm	Cardio Body Pump Fitness Matilda Bullock 5:30pm - 6:30pm	Zumba Fitness Kim Meza 5:30pm - 6:30pm		
		Indoor Cycling Fitness Chris Cole 5:30pm - 6:30pm		Indoor Cycling Fitness Valerie Strouse-Bryant 5:30pm - 6:30pm			
		Aqua Zumba Pool Kim Meza 5:45pm - 6:45pm					
6pm	Aqua Aerobics Pool Various Instructors 6pm - 7pm	Insanity Fitness Willie Livingston 6:30pm - 7:30pm	Aqua Aerobics Pool Various Instructors 6pm - 7pm	BURN OUT Fitness Willie Livingston 6:30pm - 7:30pm			
	Yoga Fitness Elsie Hunter 6:30pm - 7:30pm	Yin Yoga Fitness Bobbie Lequire 6:30pm - 7:30pm	Yoga Fitness Lisa Blalock 6:30pm - 7:30pm	Zumba Fitness Mary Soriano 6:30pm - 8pm			
	Pilates Fitness Lisa Blalock 6:30pm - 7:30pm		Zumba Fitness Toni Martin 6:30pm - 7:30pm				

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.