



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



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

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