



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE WINTER 2018

SOUTHERN BRANCH YMCA MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X-Bike 9:15-9:45 Chris	Step 9:15-10:15 Studio A Chris	X-Bike 5:45-6:15a Kim	Butts & Guts 9:15-10:30 Studio A Chris	X-Bike 9:15-10:00 Chris	X-Bike 8:00-8:30 Brooke	
Tai Chi 9:15-10:15 Studio A Doug	Stability Ball Core Work 9:15-10:15 Studio B Carolyn	X-Bike 9:15-9:45 Carolyn	Stability Ball Cardio Interval 9:15-10:15 Studio B Carolyn	Red Hot Dance 9:15-10:15 Studio A Alex	BOOM Muscle / Mind 9:00-10:00 Studio B	
Pilates 9:00-10:00 Studio B Cindy	Power Pump 10:15-11:15 Studio A Chris	HoopnoticaFit 9:00-10:00 Gym Marcy	Upper Body Blast 10:30-11:00 Studio A Chris	Pilates 9:00-10:00 Studio B Anette	BODYCOMBAT 9:30-10:30 Gym Joaquin	
Circuit 10:15-11:15 Gym Chris			Yoga 10:30-11:30 Studio B Gina	Power Pump 10:15-11:15 Studio A Chris		
Cardio Barre 10:15-11:15 Studio B Marcy	 Yoga Stretch 11:30-12:30 Studio A Carolyn	Zumba 9:15-10:15 Studio A Gina	 Classic 11:30-12:30 Gym Carolyn	Yoga Mix 10:30-11:30 Studio B Libby		
Vinyasa Yoga 10:30-11:30 Studio A Gina		Older Active Adult Aerobics 10:30-11:15 Studio A Carolyn		 Yoga Stretch 11:30-12:30 Studio A Carolyn		
 Classic 11:30-12:30 Gym Carolyn		Beginner Yoga 10:30-11:30 Studio B Anette		Seated Tai Chi 12:30-1:30 Studio B Doug		
		Active Older Adult Yoga 11:30-12:30 Studio A Carolyn				

- Please remember to sign up for text reminders to be notified of class changes or cancelations. Text the word @southern to the phone number 81010
- **Indicates a class that requires an additional fee
- ^^ Indicates a chronic disease class

Updated December 27, 2017



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AFTERNOON SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
^^ROCK STEADY BOXING 12:00-2:30 Studio A	^^LIVESTRONG at the YMCA 12:45-2:00 Wellness Center	^^ROCK STEADY BOXING 12:30-2:00 Studio A	^^LIVESTRONG at the YMCA 12:45-2:00 Wellness Center	^^ROCK STEADY BOXING 12:00-2:30 Studio A
BOOM Move It 12:30-1:00 Studio B Marcy				
BOOM Mind 1:05-1:35 Studio B Marcy				

EVENING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
**Kiddie Combat Jujitsu Ages 6-9 5:30-6:30 Activity Center	X-Bike 6:30-7:00 Brooke	BODYCOMBAT 5:30-6:30 Studio A Isa	SMART 4:45-5:30 Studio A Marcia	
Yoga 5:00-6:00 Studio B Anette	BodyCombat Express 6:00-6:45 Studio B Amy	Total Body Conditioning 6:30-7:30 Studio A Sheri	Tai Chi FIT 5:45-6:30 Activity Center Justin	
BODYCOMBAT 6:30-7:30 Gym Amy Reed	Restorative Yoga Studio B 7:00-8:00 Justin	**Safe Kids Taekwondo 6:45-7:45 Gym	**Jujitsu-Adult 6:00-7:15 Studio A	
**Jujitsu-Adult 6:30-7:30 Activity Center		**Junior Kickers-Jujitsu 5:30-6:30 Activity Center	**Fencing-Beginner 6:30-7:30 **Fencing-Intermediate 7:30-8:30 Gym	
LIVESTRONG at the YMCA 6:00-7:30 Wellness Center		LIVESTRONG at the YMCA 6:00-7:30 Studio B	X-Bike 6:30-7:00 Bill	
			Cardio Barre 6:30-7:30 Studio B Marcy	
			**Line Dancing 7:00-9:00 Activity Center Ray S.	

SOUTHERN BRANCH YMCA

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