

Highlands County Family YMCA August 2024

Group Exercise Schedule (863) 382-9622

N. N	6	(863) 382-9622			The second second	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:00am	8:00am	8:00am	8:00am	8:00am		
Silver Sneakers	TONE	Silver Sneakers	TONE	Silver Sneakers		
Jane	Total Body Reset	Jane	Total Body Reset	Jane		
BLUE ROOM	Susan	BLUE ROOM	Susan	BLUE ROOM		
	BLUE ROOM		BLUE ROOM			
	9:00am	9:00am	9:00am			
	Tai chi	Nutrition	Tai chi			
	Pamela	Dimitri	Pamela			
	Mind/Body	Mind/Body	Mind/Body			
	Room	Room	Room			
9:15am		9:15am		9:15am	9:15am	
BODY PUMPtm		BODY PUMPtm		BODY PUMPtm	BODY PUMPtm	
Jeff		Jeff		Jeff	Jeff	
BLUE ROOM		BLUE ROOM		BLUE ROOM	BLUE ROOM	
9:30 am	9:30am	9:30 am	9:30am		FO	
Zumba	Silver Sneakers	Zumba	Silver Sneakers			
TEAM	Jane	TEAM	Jane			
GOLD ROOM	BLUE ROOM	GOLD ROOM	BLUE ROOM			
10:00am	10:00am	10:00am	10:00am		10:00am	
AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS		CYCLING	
Aqua Team	Aqua Team	Aqua Team	Aqua Team		Christina	
POOL	POOL	POOL	POOL		CYCLING ROOM	
10:30am		10:30am		10:30am	10:15 am	
YOGA		YOGA		YOGA	Zumba	
Eve		Eve		Eve	TEAM	
BOWYER ROOM		BOWYER ROOM		BOWYER ROOM	BLUE ROOM	
10:30am	10:30am	10:30am	10:30am	10:30am	2000 A 20	
Line Dancing	CHAIR YOGA	Line Dancing	CHAIR YOGA	Line Dancing		
Dee	Beth Ann	Dee	Beth Ann	Dee		
GOLD ROOM	Gold Room	GOLD ROOM	Gold Room	GOLD ROOM		
10:30am		10:30am				
Silver Sneakers		Silver Sneakers		Pool H	<u>ours</u>	
Jane		Jane		Monday- Friday 5	:30am-7:00pm	
BLUE ROOM		BLUE ROOM		Saturday- 8:1	5am-4:00pm	
5:30pm	5:30pm	5:30pm	5:30pm	Sunday- 11:15	iam-4:00pm	
BODY PUMPtm	BODY PUMPtm	BODY PUMPtm	BODY PUMPtm			
Jeff	Jeff	Jeff	Jeff	<u>Fitness Hours</u>		
BLUE ROOM	BLUE ROOM	BLUE ROOM	BLUE ROOM	Monday - Thursday 5:00am-9:00pm Friday 5:00am-8:00pm Saturday 8:00am-5:00pm		
	6:00pm		6:00pm			
	CYCLING		CYCLING			
	Christina		Christina	Sacarday 0.00	эн этоорпі	
- 	CYCLING ROOM		CYCLING ROOM	<u>Schedul</u>	e Key	
	6:30pm		6:30pm	Strength	Cardio	
	Zumba		Zumba	Combination	Water Classes	
	JР		JР	Mind, Body	, & Spirit	
	DI UE DOOM	I	DI UE DOOM			

BLUE ROOM

BLUE ROOM