Highlands County Family YMCA
August 2024
Group Exercise Schedule
(863) 382-9622

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am Silver Sneakers Jane BLUE ROOM	8:00am TONE Total Body Reset Susan BLUE ROOM	8:00am Silver Sneakers Jane BLUE ROOM	8:00am TONE Total Body Reset Susan BLUE ROOM	8:00am Silver Sneakers Jane BLUE ROOM	
	9:00am Tai chi Pamela Mind/Body Room	9:00am Nutrition Dimitri Mind/Body Room	9:00am Tai chi Pamela Mind/Body Room		
9:15am BODY PUMPtm Jeff BLUE ROOM		9:15am BODY PUMPtm Jeff BLUE ROOM		9:15am BODY PUMPtm Jeff BLUE ROOM	9:15am BODY PUMPtm Jeff BLUE ROOM
9:30 am Zumba TEAM GOLD ROOM	9:30am Silver Sneakers Jane BLUE ROOM	9:30 am Zumba TEAM GOLD ROOM	9:30am Silver Sneakers Jane BLUE ROOM		
10:00am AQUA AEROBICS Aqua Team POOL	10:00am AQUA AEROBICS Aqua Team POOL	10:00am AQUA AEROBICS Aqua Team POOL	10:00am AQUA AEROBICS Aqua Team POOL		10:00am CYCLING Christina CYCLING ROOM
10:30am YOGA Eve BOWYER ROOM		10:30am YOGA Eve BOWYER ROOM		10:30am YOGA Eve BOWYER ROOM	10:15 am Zumba TEAM BLUE ROOM
10:30am Line Dancing Dee GOLD ROOM	10:30am CHAIR YOGA Beth Ann Gold Room	10:30am Line Dancing Dee GOLD ROOM	10:30am CHAIR YOGA Beth Ann Gold Room	10:30am Line Dancing Dee GOLD ROOM	
10:30am Silver Sneakers Jane BLUE ROOM		10:30am Silver Sneakers Jane BLUE ROOM			
5:30pm BODY PUMPtm Jeff BLUE ROOM	5:30pm BODY PUMPtm Jeff BLUE ROOM	5:30pm BODY PUMPtm Jeff BLUE ROOM	5:30pm BODY PUMPtm Jeff BLUE ROOM		
	6:00pm CYCLING Christina CYCLING ROOM		6:00pm CYCLING Christina CYCLING ROOM		
	6:30pm Zumba JP BLUE ROOM		6:30pm Zumba JP BLUE ROOM		

Pool Hours
Monday- Friday 5:30am-7:00pm
Saturday– 8:15am-4:00pm
Sunday– 11:15am–4:00pm

Fitness Hours
Monday - Thursday 5:00am-9:00pm
Friday 5:00am-8:00pm
Saturday 8:00am-5:00pm

Schedule Key
Strength   Cardio
Combination   Water Classes
Mind, Body, & Spirit