



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kernersville Family YMCA – February, 2012

Group Exercise PM Classes

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		5:25 Zumba- Carlotta 5:30 Kickbox- Angela B 6:45 Yoga- Sally 6:40 BodyPump – Aimee	5:30 Step- Angel 6:00 Cycle – Courtney 6:30 Hi/Lo- Joanne 7:15 Total Body- Joanne	
6	7	8	9	10
5:25 Zumba – Carlotta 5:30 Kickbox- Mikell 6:00 Run & Drills – Kara 6:40 BodyPump- Cindy & Angela B 7:30 Restorative Yoga- Lisa	5:30 Step- Angel 6:00 Beg/Int Cycle- Mikell 6:30 Hi/Lo – Joanne 7:15 Total Body- Joanne	5:25 Zumba- Carlotta 5:30 Kickbox- Angela B 6:45 Yoga- Sally 6:40 BodyPump – Aimee	5:30 Step-Angel 6:00 Cycle – Miesha 6:30 Hi/Lo- Joanne 7:15 Total Body- Joanne	6:00 Family Fun Yoga- Llsa Ages 3 and older welcome
13	14	15	16	17
5:25 Zumba – Carlotta 5:30 Kickbox- Mikell 6:00 Run & Drills – Kara 6:40 BodyPump- Cindy & Angela B 7:30 Restorative Yoga- Llsa	5:30 Step- Angel 6:00 Beg/Int Cycle- Courtney 6:30 Hi/Lo – Joanne 7:15 Total Body- Joanne	5:25 Zumba- Carlotta 5:30 Kickbox- Angela T 6:45 Yoga- Sally 6:40 BodyPump – Angela B	5:30 Step- Angel 6:00 Cycle – Miesha 6:30 Hi/Lo- Joanne 7:15 Total Body- Joanne	
20	21	22	23	24
5:25 Zumba – Carlotta 5:30 Kickbox- Mikell 6:00 Run & Drills – Kara 6:40 BodyPump- Cindy & Angel 7:30 Restorative Yoga- Lisa	5:30 Step- Angel 6:00 Beg/Int Cycle- Mikell 6:30 Hi/Lo – Joanne 7:15 Total Body- Joanne	5:25 Zumba- Carlotta 5:30 Kickbox- Angela B 6:45 Yoga- Sally 6:40 BodyPump- Aimee	5:30 Step- Katherine 6:00 Cycle – Miesha 6:30 Hi/Lo- Joanne 7:15 Total Body- Joanne	
27	28	29		
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Our Mission: Helping people reach their God-given potential in spirit, mind, and body.