

STATESVILLE FAMILY YMCA

Group Exercise Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS BODYPUMP 5:15am-6:00am	LES MILLS RPM 5:15am-6:00am	LES MILLS CORE 5:15am-6:00am	LES MILLS BODYATTACK 5:15am-6:00am	LES MILLS BODYPUMP 5:15am-6:00am	CYCLE 8:15am-9:00am	LES MILLS BODYPUMP 1:15pm-2:00pm
LES MILLS BODYBALANCE 6:15am-6:45am	LES MILLS CORE 6:15am-6:45am	LES MILLS BODYBALANCE 6:15am-6:45am	LES MILLS BODYPUMP 6:15am-6:45am	LES MILLS BODYBALANCE 6:15am-6:45am	LES MILLS BODYPUMP 9:15am-10:15am	LES MILLS BODYCOMBAT 2:15pm-3:00pm
LES MILLS BODYPUMP 7:00am-7:45am	LES MILLS BODYATTACK 7:00am-7:45am	LES MILLS BODYPUMP 7:00am-7:45am	LES MILLS BODYATTACK 7:00am-7:45am	LES MILLS CORE 7:00am-7:45am	LES MILLS BODYPUMP 12:30pm-1:00pm	LES MILLS BODYBALANCE 3:15pm-4:00pm
SENIOR FIT 8:00am-8:45am	CYCLE 8:00am-8:45am	SENIOR FIT 8:00am-8:45am	CYCLE 8:00am-8:45am	SENIOR FIT 8:00am-8:45am	LES MILLS BODYCOMBAT 1:15pm-2:00pm	LES MILLS SPRINT 4:15pm-4:45pm
KICKBOXING 9:00am-9:45am	CARDIO FUSION 9:00am-9:45am	LINE DANCING 9:00am-9:45am	CARDIO FUSION 9:00am-9:45am	LINE DANCING 9:00am-9:45am	LES MILLS BODYBALANCE 2:15pm-3:00pm	
LES MILLS BODYPUMP 10:00am-11:00am	LES MILLS CORE 10:00am-10:30am	LES MILLS BODYPUMP 10:00am-11:00am	LES MILLS CORE 10:00am-10:30am	LES MILLS BODYPUMP 10:00am-11:00am	LES MILLS CORE 3:15pm-3:45pm	
BALANCE AND COORDINATION STRENGTH TRAINING 11:15am-12:15pm	SILVER SNEAKERS CLASSIC 11:15am-12:15pm	BALANCE AND COORDINATION STRENGTH TRAINING 11:15am-12:15pm	SILVER SNEAKERS CLASSIC 11:15am-12:15pm	SILVER SNEAKERS CIRCUIT 11:15pm-12:15pm		
LES MILLS SPRINT 12:30pm-1:00pm	LES MILLS BODYPUMP 12:30pm-1:00pm	LES MILLS DANCE 12:30pm-1:00pm	LES MILLS CORE 12:30pm-1:00pm	LES MILLS BODYCOMBAT 12:30pm-1:00pm		
LES MILLS BODYPUMP 1:15pm-2:00pm	LES MILLS RPM 1:15pm-2:05pm	LES MILLS BODYBALANCE 1:15pm-2:00pm	LES MILLS BODYATTACK 1:15pm-2:00pm	LES MILLS CORE 1:15pm-2:00pm		
LES MILLS DANCE 2:15pm-3:00pm	LES MILLS BODYPUMP 2:15pm-3:00pm	LES MILLS BODYCOMBAT 2:15pm-3:00pm	LES MILLS CORE 2:15pm-3:00pm	LES MILLS BODYATTACK 2:15pm-3:00pm		
LES MILLS CORE 3:15pm-4:00pm	LES MILLS BODYCOMBAT 3:15pm-4:00pm	LES MILLS BODYPUMP 3:15pm-4:00pm	LES MILLS DANCE 3:15pm-4:00pm	LES MILLS BODYBALANCE 3:15pm-4:00pm		
LES MILLS BODYATTACK 4:15pm-5:15pm	LES MILLS BODYPUMP 4:15pm-5:15pm	LES MILLS BODYCOMBAT 4:15pm-5:15pm	LES MILLS BODYPUMP 4:15pm-5:15pm	LES MILLS RPM 4:15pm-5:05pm		
LES MILLS BODYPUMP 5:30pm-6:15pm	CYCLE 5:30pm-6:15pm	LES MILLS BODYPUMP 5:30pm-6:15pm	HIIT 5:30pm-6:15pm	LES MILLS BODYPUMP 5:30pm-6:15pm		
MIXXEDFIT 6:30pm-7:15pm	LES MILLS CORE 6:30pm-7:15pm	MIXXEDFIT 6:30pm-7:15pm	XTREME HIP HOP STEP 6:30pm-7:15pm	LES MILLS DANCE 6:30pm-7:15pm		

Virtual Class

Live Class

Please see wellness staff for more info.