



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY GROUP FITNESS SCHEDULE

King George Family YMCA

May 1st - May 31st

10545 Kings Highway
King George, VA 22485
540-775-9622

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|--|--|--|--|---|---|-----|
| 5am | Kettlebell AMPD Studio A Marie C. 5:30am - 6:30am | Cardio Interval Studio A Andrea L. 5:45am - 6:30am | Interval Cycle Cycle Studio Marie C. 5:45am - 6:30am | TRX/Bootcamp Gymnasium (Court 2) LaTasha C. 5:45am - 6:30am | Kettlebell AMPD Studio A Marie C. 5:30am - 6:30am | | |
| 8am | Yoga Stretch Studio A Julie D. 8am - 9am | Pickle Ball Gymnasium (Court 2) No Instructor 8:30am - 10:30am | Yoga Stretch Studio A Julie D. 8am - 9am | Therapeutic Movement Studio A Paula V. 8:30am - 9:25am | Yoga Fit Studio A Andrea L. 8am - 8:55am | Group Cycle Cycle Studio Andrea L. 8am - 8:45am | |
| | | | Gym Walking Gymnasium (Court 2) Bonnie T. 8:30am - 8:55am | Pickle Ball Gymnasium (Court 2) No Instructor 8:30am - 10:30am | | Body Rock Bootcamp Gymnasium (Court 2) Shelly R. 8:05am - 9am | |
| 9am | Fit Spin Cycle Studio Paula V. 9am - 10am | Yoga on the Beach Outside or Off site Paula V. 9am - 10am | Sprint Cycle Cycle Studio Paula V. 9am - 9:30am | Kickboxing Studio A Andrea L. 9:30am - 10:15am | Keep it Active Studio A Bonnie T. 9:05am - 10am | RIP Studio A Stephanie K. 9:05am - 10am | |
| | Body Rock Bootcamp Gymnasium (Court 2) Vickie L. 9:05am - 10am | Cardio Interval Studio A Andrea L. 9:05am - 10am | Keep it Active Studio A Bonnie T. 9:05am - 10am | Outdoor Run Outside or Off site Carla Z. 9:30am - 10:30am | Cycle for Everyone Cycle Studio Carla Z. 9:05am - 10am | Zumba Gymnasium (Court 2) Carmen K. 9:05am - 10am | |
| | Kickboxing Studio A Andrea L. 9:05am - 10am | Outdoor Run Outside or Off site Carla Z. 9:30am - 10:30am | Body Rock Bootcamp Gymnasium (Court 2) Shelly R. 9:05am - 10am | | Hooverball Gymnasium (Court 2) No Instructor 9:15am - 10:15am | | |
| | | | Six-Pack Abs Cycle Studio Paula V. 9:35am - 10am | | | | |
| 10am | Barre Studio A Susan Sprow 10:05am - 11:05am | Senior Chair Fun Studio A LeAnn H. 10:05am - 11am | Hatha Yoga Studio A Paula V. 10:05am - 11am | Yoga Fit Studio A Andrea L. 10:20am - 11:05am | RIP Studio A Vickie L. 10:05am - 11am | R.E.D. Warrior Studio A Patti D. 10:05am - 11am | |
| | Zumba Gymnasium (Court 2) Carmen K. 10:15am - 11:15am | | R.E.D. Warrior Gymnasium (Court 2) Patti D. 10:15am - 11:15am | | Zumba Gymnasium (Court 2) Carmen K. 10:15am - 11:15am | | |

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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|------|---|---|--|--|---|-----|-----|
| 11am | Therapeutic Movement Studio A Brennan O 11:30am - 12:30pm | reserved for physical therapy Studio A Multiple Instructors 11am - 12pm | | Line Dancing Studio A Bonnie T. 11:30am - 12:30pm | | | |
| 12pm | | | reserved for physical therapy Studio A No Instructor 12pm - 1pm | | | | |
| 4pm | Kung Fu Studio A Joe M. 4:30pm - 5:25pm | | Tai Chi Studio A Joe M. 4:25pm - 5:25pm | Movement for Health Studio A Dawn H. 4pm - 4:55pm | Tai Chi Studio A Joe M. 4:30pm - 5:30pm | | |
| 5pm | Butts and Guts Studio A Paula V. 5:30pm - 6:25pm | Cardio Muscle Toolbox Studio A LaTasha C. 5pm - 5:25pm | Hatha Yoga Studio A Paula V. 5:30pm - 6:25pm | Cardio Muscle Toolbox Studio A LaTasha C. 5pm - 5:25pm | | | |
| | TRX/Bootcamp Gymnasium (Court 2) LaTasha C. 5:45pm - 6:45pm | Core n more Studio A LaTasha C. 5:30pm - 5:55pm | Body Rock Bootcamp Gymnasium (Court 2) Shelly R. 5:45pm - 6:40pm | Core n more Studio A LaTasha C. 5:30pm - 5:55pm | | | |
| 6pm | Kettlebell AMPD Studio A Marie C. 6:30pm - 7:30pm | RIP Studio A Stephanie K. 6pm - 6:55pm | AMPD power flow Cycle Studio Marie C. 6pm - 6:45pm | RIP Studio A Patti D. 6pm - 6:55pm | Zumba Studio A Patti D. 6pm - 7pm | | |
| | Cycle and Stretch Cycle Studio Amie N. 6:30pm - 7:30pm | Dynamic Cycle Cycle Studio Jose M. 6:30pm - 7:30pm | Kickboxing Studio A Amy C. 6:30pm - 7:30pm | Tabata Cycle Cycle Studio Marie C. 6pm - 6:45pm | Pickle Ball Gymnasium (Court 2) No Instructor 6pm - 7pm | | |
| 7pm | Mixed Fit Gymnasium (Court 2) Claudia L 7pm - 8pm | Zumba Gymnasium (Court 2) Carmen K. 7pm - 8pm | | Zumba Studio A Hannah A. 7pm - 8pm | | | |

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