



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY GRAVITY SCHEDULE

Gravity @ 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			GRAVITY Tru:Form Andrea L. 5:45am - 6:30am		GRAVITY Tru:Form LaTasha C. 5:45am - 6:30am		
7am					GRAVITY Tru:Form Andrea L. 7am - 7:45am	GRAVITY Tru:Form Multiple Instructors 7am - 7:45am	
8am	GRAVITY Tru:Form Andrea L. 8am - 8:45am	GRAVITY Tru:Form Andrea L. 8am - 8:45am					
9am		GRAVITY Tru:Form Vickie L. 9am - 9:45am	GRAVITY Tru:Form Andrea L. 9am - 9:45am	GRAVITY Tru:Form Vickie L. 9am - 9:45am	GRAVITY Tru:Form Andrea L. 9am - 9:45am		
10am	GRAVITY Tru:Form Andrea L. 10:15am - 11am	GRAVITY Tru:Form Vickie L. 10am - 10:45am	GRAVITY Tru:Form Andrea L. 10am - 10:45am	GRAVITY Tru:Form Paula V. 10am - 10:45am			
11am				GRAVITY Tru:Form Paula V. 11am - 11:45am			
4pm	GRAVITY Tru:Form Paula V. 4:30pm - 5:15pm						
6pm	GRAVITY Tru:Form Amy C. 6pm - 6:45pm	GRAVITY Tru:Form LaTasha C. 6:15pm - 7pm	GRAVITY Tru:Form Vickie L. 6pm - 6:45pm	GRAVITY Tru:Form Andrea L. 6pm - 6:45pm			
7pm				GRAVITY Tru:Form Andrea L. 7pm - 7:45pm			

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.