



Southeast Family YMCA

Fitness Center Circuit Schedule August 2022

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00a	5:30am Mini Chaos Theory	5:30am Mini Rollercoaster	5:30am Mini Annihilator	5:30am Mini Hillinator	5:30am Mini Annihilator		Monthly Circuit=30min Micro=20min Mini=30min Mid=45min Maxi=1 hour
6:00a	6:00 Mid Hillinator	6:00a Mini Mepanator	6:00am Mini Mepanator	6:00am Mid Mepsting	6:00am Mid Rollercoaster		
7:00a	7:00 Micro Annihilator	7:00a Mini Annihilator	7:00am Mid Rollercoaster	7:00am Mid Annihilator	7:00am Mid Ripper		
8:00a	8:00 Mid Rollercoaster	8:00a Mid Ripper	8:00a Mini Hillinator 8:30a Mini Annihilator	8:00am Mini Ripper 8:30am Mini Annihilator	8:00am Mini Hillinator 8:30am Mini Mepanator	8:00am Mid Annihilator	
9:00a						9:00am Mid Rollercoaster	
10:00a		10:00a July Circuit				10:00am Mini Hillinator 10:30am Mini Mepanator	
11:00a						11:00am Mini Mepsting	
12:00a 1:00a	12:00p Maxi Mepanator	12:00p Micro Chillinator	12:00pm Mini Annihilator 12:30p Mini Mepanator	12:00p Mid Hillinator	12:00pm Mid Annihilator	12:00pm July Circuit 1:00pm Mini Hillinator 1:30pm Mini Mepanator	1:30pm July Circuit
2:00p 3:00p						2:00pm Mini Mepsting 2:30pm Mini Annihilator 3:00pm Mini Rollercoaster 3:30pm Mini Ripper	2:00pm Mini Annihilator 2:30pm Mini Mepanator 3:00pm Mini Rollercoaster 3:30 Mini Ripper
4:00p 5:00	5:00p Mini Mepanator 5:30 Mini Annihilator	5:00p Mini Hillinator 5:30p Mini Mepanator	5:00pm Mini Annihilator 5:30pm Mini Hillinator	4:00pm July Circuit 5:00pm Mini Hillinator 5:30pm Mini Ripper	5:00pm Mini Annihilator 5:30pm Mini Chillinator	4:00pm Mini Hillinator 4:30pm Mini Chillinator 5:00pm Mid Rollercoaster	4:00pm Mid Hillinator
6:00p	6:00p Mini Chillinator 6:30p Mini Mepsting	6:00p Mini Rollercoaster 6:30p Mini Ripper	6:00pm Mini Chillinator 6:30pm July Circuit	6:00pm Mini Mepsting 6:30pm Mini Chillinator	6:00pm Mini Hillinator 6:30pm Mini Mepsting		
7:00p 8:00p	7:00pm Mini Ripper 7:30pm Mini Rollercoaster	7:00pm Mini Mepanator 7:30pm Mini Ripper	7:30pm Mini Ripper	7:00pm Mini Annihilator 7:30pm Mini Mepanator	7:00pm Mini Mepanator 7:30pm Mini Ripper		
	8:00pm Mid Hillinator	8:00pm Mid Hillinator	8:00pm Mid Hillinator	8:00pm Mid Hillinator	8:00pm Mid Rollercoaster		



Southeast Family YMCA

Spin & Aerobic Rooms Schedule August 2022

www.ymcahuntsville.org 256.883.9622



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00a	7:00a Xpress Blipinator					7:00a Mid Rollercoaster	<u>Monthly</u> Circuit=30min Micro=20min Mini=30min Mid=45min Maxi=1 hour
8:00a							
9:00a						9:30a Maxi Annihilator	
10:00a		10:00a MyZone Circuit					
11:00a	12:00p Micro Mepanator	11:00a Micro Calibrator	11:00a Micro Calibrator	11:00a Mid Mepanator	11:00a Mid Hillinator	11:00a Mid Mepanator	
12:00p	12:30p MyZone Circuit #1	12:30p MyZone Circuit	12:30p MyZone Circuit	12:30p MyZone Circuit	12:30p MyZone Circuit	12:00p MyZone Circuit 12:30p MyZone Circuit	
1:00p	1:05p MyZone Circuit #2	1:05p MyZone Circuit	1:05p MyZone Circuit	1:05p MyZone Circuit	1:05p MyZone Circuit	1:05p MyZone Circuit	1:00p MyZone Circuit
2:00p	1:15p Mini Mepanator					1:15p Mid Mepanator	
	1:40p MyZone Circuit #1	1:40p MyZone Circuit	1:40p MyZone Circuit	1:40p MyZone Circuit	1:40p MyZone Circuit	1:40p MyZone Circuit	
	2:00p Micro Chillinator	2:10p Micro Calibrator	2:10p Micro Calibrator	2:00p Maxi Rollercoaster	2:00p Maxi Ripper	2:00p Mid Rollercoaster	
	2:15p MyZone Circuit	2:15p MyZone Circuit	2:15p MyZone Circuit	2:15p MyZone Circuit	2:15p MyZone Circuit	2:15p MyZone Circuit	
	2:50p MyZone Circuit	2:50p MyZone Circuit	2:50p MyZone Circuit	2:50p MyZone Circuit	2:50p MyZone Circuit	2:45p Mid Mepanator 2:50p MyZone Circuit	
3:00p				3:00p Mini Annihilator	3:00p Mini Annihilator		3:00p Mid Rollercoaster
4:00p	3:25p MyZone Circuit	3:25p MyZone Circuit	3:25p MyZone Circuit	3:25p MyZone Circuit	3:25p MyZone Circuit	3:25p MyZone Circuit	
	4:00p Xpress Rollercoaster		4:30p Mini Mepanator	4:00p MyZone Circuit			4:00p Mid Hillinator
5:00p	5:00p Micro Mepanator		5:00p Mini Annihilator		5:00p Mid Rollercoaster		
6:00p	6:45p Mid Hillinator		6:30p MyZone Circuit		6:00p Mid Mepanator		
7:00p		7:00p Mid Ripper		7:00p Mid Ripper	7:00p Mini Annihilator		Classes in "red" are in Spin Room Classes in "purple" are in Aerobics Room
8:00p	7:45p Mid Rollercoaster	8:00p Mini Annihilator	7:45p Mid Rollercoaster	8:00p Mini Hillinator	8:00p Mini Ripper		



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Southeast Family YMCA

Group Exercise Schedule August 2022

www.ymcahuntsville.org 256.883.9622

	Mon	Tue	Wed	Thu	Fri	Sat
6:00a	5:30am SpinPower	5:30am Pilates 5:30a TRX Circuits Fee based class	5:30am Strength Train	5:30am Pilates 5:30a TRX Circuits Fee based class	5:30am SpinPower 5:30am Power Hour (meet in aerobics rm)	<p>@30 min class *Meet in Multipurpose Room **Meet in new Gym</p>
8:00a	8:00am* Silver Fit 8:15a TRX Circuits Fee based class	8:15a TRX & Kettlebells Fee Based Class	8:00 am* Silver Fit 8:15a TRX Circuits Fee based class 8:00 am Zumba	8:15a TRX & Kettlebells Fee Based Class	8:00 am* Silver Fit 8:15a TRX Circuits Fee based class	
8:30a	8:30am Strength Train	8:30am Group Centergy		8:30am Group Centergy	8:30a Defend	
9:00a		9:15am* Gentle Yoga	9:15am BODYATTACK	9:15am* Gentle Yoga		9-10:00 am* Gentle Yoga
9:30a	9:30am* 30 min Body Barre 30 min Pilates 9:30am Spin	9:45am Power Hour	9:30am SpinPower 9:30am* Intermediate Yoga	9:45am Power Hour	9:30 am* 30 min Body Barre 30 min Pilates 9:30am SpinPower	9:15 am BODYATTACK
10:00a	9:45 am WERQ	10:00 am MyZone Circuit not instructor led- Spin rm & Fitness rm			9:45 am ZUMBA	
11:00a	10:45am* Beginner Yoga @10:45am Spin 101	11:00am Back to Basics	10:30 am Strength Train 10:45 am TRX for Seniors 10:45 am* Beginning Yoga	11:00am Back to Basics	10:30 Strength Train 10:45* Intermediate Yoga @10:45am Spin 101	10:30 am Strength Train 12:00p MyZone Circuit
11:30a	12:15p* Enhance Fitness		12:15p* Enhance Fitness		12:15p* Enhance Fitness	<p>-Classes in red are a great place to start.</p> <p>-Classes in Blue are fee based classes. You can get more information at the front desk.</p> <p>-Classes in green on back of schedule are livestreamed classes/ launches/ demos/ new classes starting or class changes</p>
12:15p						
4:00p	4:15pm Strength Train	4:30p Stability Ball 4:30p Group Centergy/ PIYO	*@4:00p Kids Yoga 4:15pm Strength Train	4:00 pm MyZone Circuit not instructor led- Spin rm & Fitness rm 4:30p Defend *5:15p Group Centergy/PIYO	4:15pm Strength Train	
5:00p						
5:30p	5:45pm BODYATTACK 5:30p TRX & Kettlebells Fee Based Class *5:30p Pilates	5:45pm Strength Train	5:30pm ZUMBA 5:30p TRX & Kettlebells Fee Based Class	5:30p Step It Up/ Pilates	5:30pm WERQ	<p>Sunday Classes 1:30p Myzone Circuit 2:00p ZUMBA 3:00p BollyX 3:15p Defend</p>
6:00p		5:45pm SpinPower		5:45pm SpinPower		
6:30p	6:45p ZUMBA	6:30pm* Yoga	6:30p MyZone Circuit not instructor led- Spin rm & Fitness rm	6:30pm Strength Train 6:30pm* Power Flow Yoga		

Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p>1</p> <p>5:30a SpinPower Dana *8:00a Silver Fit Sallyanne 8:30a Strength Train™ Diana *9:30a 30 Barre 30 Pilates Sallyanne 9:30a SpinPower Sharon 9:45a WERQ™ Kandy *10:45a Begin. Yoga Charlie @10:45a Spin 101 Sharon *12:15p Enhance Fitness Sallyanne 4:15p Strength Train Christi *5:30p Pilates Christi 5:45p BODYATTACK™ Sharon 6:45p ZUMBA Amy</p>	<p>2</p> <p>5:30a Pilates Christi 5:30a TRX & Circuits Nicole 8:15a TRX & Kettlebells Sharon 8:30a Group Centergy™ Diana *9:15a Gentle Yoga Susan 9:45a Power Hr Nicole 10:00 MyZone Circuit no instructor- spin rm & fitness rm 11:00a Back to Basics Sallyanne 4:30p Stability Ball Sallyanne *4:30p Group Centergy™ Diana 5:45p SpinPower Tom 5:45p Strength Train™ Diana *6:30p Yoga Amy</p>	<p>3</p> <p>5:30a Strength Train Christi *8:00a Silver Fit Christi 8:00a WERQ Kandy 9:15a BODYATTACK™ Bridget 9:30a SpinPower Susi B *9:30a Intermediate Yoga Charlie 10:30a Strength Train Terri @10:45 TRX for Seniors Nicole *10:45a Beginner Yoga Charlie *12:15p Enhance Fitness Terri @ @ *4:00p Kids Yoga Amy 4:15p Strength Train™ Sharon 5:30p ZUMBA Jennifer 6:30p MyZone Circuit no instructor- spin rm/ Fitness rm</p>	<p>4</p> <p>5:30a Pilates Christi 5:30a TRX & Circuits Nicole 8:15a TRX & Kettlebells Sharon 8:30a Group Centergy™ Amber *9:15a Gentle Yoga Amy 9:45a Power Hr Sharon 11:00a Back to Basics Sallyanne 4:00p MYZONE Circuit no instructor spin rm & fitness rm 4:30p Defend™ Sharon *5:15p PIYO Ericka 5:30p Step It Up Chris 5:45p SpinPower Susi *6:30p Power Flow Yoga Anita 6:45p Strength Train™ Diana</p>	<p>5</p> <p>5:30a SpinPower Tom 5:30a Power Hour Kristin *8:00a Silver Fit Sallyanne 8:30a Defend Sharon *9:30a 30 Barre 30 Pilates Sallyanne 9:30a Spin Strength Dana 9:45a ZUMBA Amy 10:45a Spin 101- Dana *10:45a Intermediate Yoga Laura 11:00a Strength Train™ Terri *12:15p Enhance Fitness Sallyanne 4:15p Strength Train™ Christi 5:30p WERQ™ Kandy</p>	<p>6</p> <p>8:00a ZUMBA Melissa 8:30a SpinPower Tom *9-10:00a Gentle Yoga Laura 9:15a BODYATTACK™ Katrina 10:30a Strength Train™ Christi 12:00p Myzone circuit</p>
<p>8</p> <p>5:30a SpinPower Dana *8:00a Silver Fit Sallyanne 8:15a TRX Circuits Nicole 8:30a Strength Train™ Diana *9:30a 30 Barre 30 Pilates Sallyanne 9:30a SpinPower Sharon 9:45a WERQ™ Kandy *10:45a Begin. Yoga Charlie @10:45a Spin 101 Sharon *12:15p Enhance Fitness Sallyanne 4:15p Strength Train Christi 5:30p TRX & Kettlebells Nicole *5:30p Pilates Christi 5:45p BODYATTACK™ Bridget 6:45p ZUMBA Melissa</p>	<p>9</p> <p>5:30a Pilates Christi 5:30a TRX & Circuits Nicole 8:15a TRX & Kettlebells Sharon 8:30a Group Centergy™ Diana *9:15a Gentle Yoga Susan 9:45a Power Hr Nicole 10:00 MyZone Circuit no instructor- spin rm & fitness rm 11:00a Back to Basics Sharon 4:30p Stability Ball Terri *4:30p Group Centergy™ Diana 5:45p SpinPower Tom 5:45p Strength Train™ Diana *6:30p Yoga Amy</p>	<p>10</p> <p>5:30a Strength Train Kristin *8:00a Silver Fit Christi 8:00a ZUMBA Beth 8:15a TRX Circuits Nicole 9:15a BODYATTACK™ Bridget 9:30a SpinPower Susi B *9:30a Intermediate Yoga Charlie 10:30a Strength Train Terri @10:45 TRX for Seniors Nicole *10:45a Beginner Yoga Charlie *12:15p Enhance Fitness Terri @ @ *4:00p Kids Yoga Amy 4:15p Strength Train™ Sharon 5:30p TRX & Kettlebells Nicole 5:30p ZUMBA Melissa 6:30p MyZone Circuit no instructor- spin rm/ Fitness rm</p>	<p>11</p> <p>5:30a Pilates Christi 5:30a TRX & Circuits Nicole 8:15a TRX & Kettlebells Sharon 8:30a Group Centergy™ Amber *9:15a Gentle Yoga Amy 9:45a Power Hr Sharon 11:00a Back to Basics Sharon 4:00p MYZONE Circuit no instructor spin rm & fitness rm 4:30p Defend™ Sharon *5:15p PIYO Ericka 5:30p Step It Up Chris 5:45p SpinPower Susi *6:30p Power Flow Yoga Anita 6:45p Strength Train™ Diana</p>	<p>12</p> <p>5:30a SpinPower Tom 5:30a Power Hour Kristin *8:00a Silver Fit Christi 8:30a Defend Sharon *9:30a 30 Barre 30 Pilates Leslie 9:30a Spin Interval Melissa 9:45a ZUMBA Jennifer 10:45a Spin 101- Melissa *10:45a Intermediate Yoga Laura 11:00a Strength Train™ Terri *12:15p Enhance Fitness cancelled today only 4:15p Strength Train™ Christi 5:30p WERQ™ Kandy</p>	<p>13</p> <p>8:00a ZUMBA Amy 8:30a Spin Interval Terry *9-10:00a Gentle Yoga Charlie 9:15a BODYATTACK™ Bridget 10:30a Strength Train Terri 12:00p Myzone circuit</p>
<p>15</p> <p>5:30a SpinPower (ZONE MATCH CHALLENGE) Dana *8:00a Silver Fit Christi 8:15a TRX Circuits Nicole 8:30a Strength Train™ Diana *9:30a 30 Barre 30 Pilates Christi 9:30a Spin Strength (ZONE MATCH CHALLENGE) AC 9:45a WERQ™ Kandy *10:45a Begin. Yoga Charlie @10:45a Spin 101(ZONE MATCH CHALLENGE) Sharon *12:15p Enhance Fitness cancelled today only 4:15p Strength Train Christi 5:30p TRX & Kettlebells Nicole *5:30p Pilates Christi 5:45p BODYATTACK™ Bridget 6:45p ZUMBA Amy</p>	<p>16</p> <p>5:30a Pilates Christi 5:30a TRX & Circuits Nicole 8:15a TRX & Kettlebells Sharon 8:30a Group Centergy™ Diana *9:15a Gentle Yoga Susan 9:45a Power Hr (ZONE MATCH CHALLENGE) Nicole 10:00 MyZone Circuit no instructor- spin rm & fitness rm 11:00a Back to Basics Sharon 4:30p Stability Ball Terri *4:30p Group Centergy™ Diana 5:45p SpinPower Tom 5:45p Strength Train™ Diana *6:30p Yoga Amy</p>	<p>17</p> <p>5:30a Strength Train Christi *8:00a Silver Fit Christi 8:00a ZUMBA Melissa 8:15a TRX Circuits Nicole 9:15a BODYATTACK™ Bridget 9:30a SpinPower (ZONE MATCH CHALLENGE) Susi B *9:30a Intermediate Yoga Charlie 10:30a Strength Train Terri @10:45 TRX for Seniors Nicole *10:45a Beginner Yoga Charlie *12:15p Enhance Fitness Terri @ @ *4:00p Kids Yoga Amy 4:15p Strength Train™ Sharon 5:30p TRX & Kettlebells Sharon 5:30p ZUMBA Jennifer 6:30p MyZone Circuit no instructor- spin rm/ Fitness rm</p>	<p>18</p> <p>5:30a Pilates Christi 5:30a TRX & Circuits Nicole 8:15a TRX & Kettlebells Sharon 8:30a Group Centergy™ Amber *9:15a Gentle Yoga Amy 9:45a Power Hr (ZONE MATCH CHALLENGE) Sharon 11:00a Back to Basics Sharon 4:00p MYZONE Circuit no instructor - spin rm & fitness rm 4:30p Defend™ Sharon *5:15p PIYO Ericka 5:30p Pilates Christi 5:45p SpinPower (ZONE MATCH CHALLENGE) Susi *6:30p Power Flow Yoga Anita 6:45p Strength Train™ Diana</p>	<p>19</p> <p>5:30a SpinPower Tom 5:30a Power Hour (ZONE MATCH CHALLENGE) Kristin *8:00a Silver Fit Sallyanne 8:30a Defend Sharon *9:30a 30 Barre 30 Pilates Sallyanne 9:30a Spin Race Day (ZONE MATCH CHALLENGE) AC 9:45a ZUMBA Amy 10:45a Spin 101 (ZONE MATCH CHALLENGE) AC *10:45a Intermediate Yoga Laura 11:00a Strength Train™ Terri *12:15p Enhance Fitness Sallyanne 4:15p Strength Train™ Christi 5:30p WERQ™ Kandy</p>	<p>20</p> <p>8:00a ZUMBA Beth 8:30a SpinPower (ZONE MATCH CHALLENGE) Susi *9-10:00a Gentle Yoga Amy 9:15a BODYATTACK™ Chris 10:30a Strength Train™ Kristin 12:00p Myzone circuit</p>
<p>22</p> <p>5:30a SpinPower (ZONE MATCH CHALLENGE) Dana *8:00a Silver Fit Sallyanne 8:15a TRX Circuits Nicole 8:30a Strength Train™ Diana *9:30a 30 Barre 30 Pilates Sallyanne 9:30a SpinPower (ZONE MATCH CHALLENGE) Sharon 9:45a WERQ™ Kandy *10:45a Begin. Yoga Charlie @10:45a Spin 101 (ZONE MATCH CHALLENGE) Sharon *12:15p Enhance Fitness Sallyanne 4:15p Strength Train Christi 5:30p TRX & Kettlebells Nicole *5:30p Pilates Christi 5:45p BODYATTACK™ Jennifer 6:45p ZUMBA Melissa</p>	<p>23</p> <p>5:30a Pilates Christi 5:30a TRX & Circuits Nicole 8:15a TRX & Kettlebells Sharon 8:30a Group Centergy™ Diana *9:15a Gentle Yoga Susan 9:45a Power Hr (ZONE MATCH CHALLENGE) Nicole 10:00 MyZone Circuit no instructor- spin rm & fitness rm 11:00a Back to Basics Sharon 4:30p Stability Ball Sallyanne *4:30p Group Centergy™ Diana 5:45p SpinPower Tom 5:45p Strength Train™ Diana *6:30p Yoga Amy</p>	<p>24</p> <p>5:30a Strength Train Kristin *8:00a Silver Fit Christi 8:00a ZUMBA Beth 8:15a TRX Circuits Nicole 9:15a BODYATTACK™ Bridget 9:30a SpinPower (ZONE MATCH CHALLENGE) Susi B *9:30a Intermediate Yoga Charlie 10:30a Strength Train Terri @10:45 TRX for Seniors Nicole *10:45a Beginner Yoga Charlie *12:15p Enhance Fitness Terri @ @ *4:00p Kids Yoga Amy 4:15p Strength Train™ Sharon 5:30p TRX & Kettlebells Sharon 5:30p ZUMBA Melissa 6:30p MyZone Circuit no instructor- spin rm/ Fitness rm</p>	<p>25</p> <p>5:30a Pilates Christi 5:30a TRX & Circuits Nicole 8:15a TRX & Kettlebells Sharon 8:30a Group Centergy™ Amber *9:15a Gentle Yoga Amy 9:45a Power Hr (ZONE MATCH CHALLENGE) Sharon 11:00a Back to Basics Sallyanne 4:00p MYZONE Circuit no instructor - spin rm & fitness rm 4:30p Defend™ Sharon *5:15p PIYO Ericka 5:30p Pilates Christi 5:45p SpinPower (ZONE MATCH CHALLENGE) Susi *6:30p Power Flow Yoga Anita 6:45p Strength Train™ Diana</p>	<p>26</p> <p>5:30a SpinPower Tom 5:30a Power Hour (ZONE MATCH CHALLENGE) Kristin *8:00a Silver Fit Sallyanne 8:30a Defend Sharon *9:30a 30 Barre 30 Pilates Sallyanne 9:30a Spin Interval (ZONE MATCH CHALLENGE) Melissa 9:45a WERQ Lisa 10:45a Spin 101 (ZONE MATCH CHALLENGE) Melissa *10:45a Intermediate Yoga Laura 11:00a Strength Train™ Terri *12:15p Enhance Fitness Sallyanne 4:15p Strength Train™ Christi 5:30p WERQ™ Kandy</p>	<p>27</p> <p>8:00a ZUMBA Jennifer 8:30a Spin Interval Terry *9-10:00a Gentle Yoga Laura 9:15a BODYATTACK™ Jennifer 10:30a Strength Train™ Sharon 12:00p Myzone circuit</p>
<p>29</p> <p>5:30a SpinPower (ZONE MATCH CHALLENGE) Dana *8:00a Silver Fit Sallyanne 8:15a TRX Circuits Nicole 8:30a Strength Train™ Diana *9:30a 30 Barre 30 Pilates Sallyanne 9:30a Spin Interval (ZONE MATCH CHALLENGE) AC 9:45a WERQ™ Kandy *10:45a Begin. Yoga Jennifer @10:45a Spin 101 (ZONE MATCH CHALLENGE) Sharon *12:15p Enhance Fitness Sallyanne 4:15p Strength Train Christi 5:30p TRX & Kettlebells Sharon *5:30p Pilates Christi 5:45p BODYATTACK™ Chris 6:45p ZUMBA Amy</p>	<p>30</p> <p>5:30a Pilates Christi 8:30a Group Centergy™ Diana *9:15a Gentle Yoga Susan 9:45a Power Hr Nicole 10:00 MyZone Circuit no instructor- spin rm & fitness rm 11:00a Back to Basics Sharon 4:30p Stability Ball Terri *4:30p Group Centergy™ Diana 5:45p SpinPower Tom 5:45p Strength Train™ Diana *6:30p Yoga Amy</p>	<p>31</p> <p>5:30a Strength Train Christi *8:00a Silver Fit Christi 8:00a ZUMBA Melissa 8:15a TRX Circuits Nicole 9:15a BODYATTACK™ Bridget 9:30a SpinPower Susi B *9:30a Intermediate Yoga Joelle Walden 10:30a Strength Train Terri @10:45 TRX for Seniors Sharon *10:45a Beginner Yoga Sara *12:15p Enhance Fitness Terri @ @ *4:00p Kids Yoga Amy 4:15p Strength Train™ Sharon 5:30p ZUMBA Jennifer 5:30p TRX & Kettlebells Nicole 6:30p MyZone Circuit no instructor- spin rm/ Fitness rm</p>	<p>Class Locations</p> <p>-Classes marked in "#" Are 45 minutes.</p> <p>- Classes marked "@@" are classes geared for kids.</p> <p>- Classes marked "*" meet in the Multipurpose Room.</p> <p>-Classes highlighted in "Green" are scheduled events/Launches</p> <p>Dates/Demonstrations/ livestreamed classes on facebook new classes or class changes etc.</p> <p>-Classes in "Blue" are fee based classes please register at the front desk.</p>	<p>Class Locations</p> <p>- Classes highlighted in "Red" are a great place to start.</p> <p>- Classes marked in "@@" are 30 minutes.</p> <p>- Classes marked "+" meet in the spin room</p> <p>- Classes in "Orange" are cancelled</p> <p>-Zone Match Challenge (August 15th-29th) for those with a Myzone Belt- information on belt sales at front desk) opportunities are listed in "purple" during that week!</p>	<p>MYZONE Circuit will run on the TV's in the fitness Center and in the Spin Rooms at certain times throughout the week. This will be a workout that is not led by a certified group exercise instructor. This will be a workout you will follow on the TV's during those times. Any questions please contact Sharon Allen Fitness Director.</p>