



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

SINKING SPRING FAMILY YMCA | PHASE 2

MONDAY

5:30 AM | Boot Camp w/ Renee

8:30 AM | Step Intervals w/ Janet

6:00 PM | Zumba w/ Joi

TUESDAY

5:30 AM | Bodypump w/ Renee

8:00 AM | Sculpt w/ Kathy

9:00 AM | Strong w/ Amanda

6:00 PM | Core & More w/ Kristi

WEDNESDAY

5:30 AM | Spin w/ Kristi

8:30 AM | Step Intervals w/ Janet

9:30 AM | Drums Alive w/ Ruthie

6:00 PM | Zumba w/ Amanda

THURSDAY

5:30 AM | BodyPump w/ Kristi

8:00 AM | Sculpt w/ Kathy

FRIDAY

5:30 AM | Spin w/ Renee

8:30 AM | Spin w/ Janet

6:00 PM | Zumba w/ Joi

SATURDAY

8:30 AM | Spin w/ Janet

*Group fitness classes do not require reservations, but all members must check in at the Welcome Center before participating.

**Classes are outside and subject to change in the event of inclement weather. Please check Facebook and email for cancellations or updates.