

HOPKINS COUNTY FAMILY YMCA - Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5am	5:15 BODYPUMP - Studio B		5:15 BODYPUMP - Studio B			
	5:15 GROUP CYCLING					
	5:30 SUSPENSION TRAINING - Turf	5:30 MAX INTERVAL TRAINING - Gym	5:30 SUSPENSION TRAINING - Turf	5:30 MAX INTERVAL TRAINING - Gym	5:30 SUSPENSION TRAINING - Turf	
8am		8:00 TONING - Studio B		8:00 TONING - Studio B		
	8:15 BODYPUMP - Studio B	8:30 - ARTHRITIS AQUATICS - Pool	8:15 BODYPUMP - Studio B	8:30 - ARTHRITIS AQUATICS - Pool	8:15 BODYPUMP - Studio B	
	8:15 TABATA - Gym		8:15 TABATA - Gym			
	8:30 WATER WALKING - Pool		8:30 WATER WALKING - Pool		8:30 WATER WALKING - Pool	
9am		9:00 ZUMBA - Studio A		9:00 ZUMBA - Studio A		9:00 BODYPUMP - Studio B
						9:00 HIIT - Gym
	9:30 ACTIVE OLDER ADULTS - Gym		9:30 ACTIVE OLDER ADULTS - Gym		9:30 ACTIVE OLDER ADULTS - Gym	
10am	10:00 PILATES - Studio A					
11am						
12pm						
1pm						
2pm						
3pm						
4pm		4:15 BOOT CAMP - Studio B		4:15 BOOT CAMP - Studio B		
	4:30 HIIT - Gym		4:30 HIIT - Gym	4:30 PILATES - Studio A	4:30 DANCE2FIT - Studio A	
5pm	5:15 WLW - Studio A	5:15 BODYPUMP - Studio B	5:15 WLW - Studio A	5:15 BODYPUMP - Studio B	5:15 BOOT CAMP - Studio B	
		5:15 ZUMBA - Studio A		5:15 ZUMBA - Studio A		
	5:30 KARDIO KOMBAT - Studio B		5:30 KARDIO KOMBAT - Studio B			
	5:30 GROUP CYCLING		5:30 GROUP CYCLING			
6pm						

CHILD WATCH HOURS

Mon-Thur 8am-11am & 4pm-8pm
 Fri 8am-11am
 Sat 8:30am-11:30am

