



For Youth Development  
For Healthy Living  
For Social Responsibility

# HUNTINGTON Y GROUP FITNESS CLASSES

6 am	6:00 - 7:00 -- GS Tootie X-FIT	6:30 - 7:00 --GYM Rusty X-FIT	6:00 - 7:00 -- GS Tootie X-FIT	6:00 - 6:45 -- CS John X-FIT	X-FIT 6:00 - 7:00 --XFS Y Staff	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>** BOOTCAMP and KICKBOXING alternate Saturdays**</b> </div>	
	6:00 - 7:00 --XFS	6:00 - 7:00 --XFS	6:00 - 7:00 --XFS	6:00 - 7:00 --XFS			
8 am	<b>CYCLING</b> 8:00 - 9:00 -- CS Jill T. X-FIT 8:30 - 9:30 --XFS Y Staff	<b>EXPRESS FITNESS</b> 8:30 - 9:00 -- GS Mike X-FIT 8:30 - 9:30 --XFS Y Staff	<b>CYCLING</b> 8:00 - 9:00 -- CS Stephanie <b>STEP EXPRESS</b> 8:30 - 9:00 --GS Kelly X-FIT 8:30 - 9:30 --XFS	<b>EXPRESS FITNESS</b> 8:30 - 9:00 --GYM Jill T.  X-FIT 8:30 - 9:30 --XFS Y Staff	<b>CYCLING</b> 8:00 - 9:00 -- CS Stephanie	<b>VINYASA YOGA</b> 8:00 - 9:00 -- GS Elizabeth <b>GROUP TRX</b> 8:30 - 9:00 --GYM Rusty	
9 am	<b>WEIGHTED WORKOUT</b> 9:00 - 9:50 --GS Kelly		<b>WEIGHTED WORKOUT</b> 9:15 - 10:00 -- GS Kelly		<b>WEIGHTED WORKOUT</b> 9:00 - 10:00 -- GS Christy	<b>POWER CYCLING</b> 9:00 - 9:45 -- CS Kim S.  <b>BOOTCAMP or KICKBOXING**</b> 9:15 - 10:00 -- GS	
10 am	<b>WATER FITNESS</b> 10:00 - 11:00 -- CP Christy  <b>Vinyasa YOGA</b> 10:05 - 11:00 --GS Elizabeth  <b>AQUA ARTHRITIS</b> 10:00 - 10:45 -- WP Allison (AF Class)	<b>YOGA</b> 10:15- 11:15 -- GS Carolyn  <b>AQUA ARTHRITIS</b> 10:00 - 10:45 -- WP Allison (AF Class)	<b>WATER FITNESS</b> 10:00 - 11:00 -- CP Allison  <b>BARRE WRX</b> 10:15 - 11:00 -- GS Susan  <b>AQUA ARTHRITIS</b> 10:00 - 10:45 -- WP (AF Class)	<b>GROUP TRX</b> 10:00 - 10:30 --GYM Rusty  <b>AQUA ARTHRITIS</b> 10:00 - 10:45 -- WP (AF Class)	<b>WATER FITNESS</b> 10:00 - 11:00 -- CP Christy  <b>AQUA ARTHRITIS</b> 10:00 - 10:45 -- WP Allison (AF Class)	<b>WATER FITNESS</b> 9:30 - 10:30 --CP Staff	
11 am	<b>WARM AQUA</b> 11:00 - 11:55 --WP Allison <b>'LITE' WORKOUT</b> 11:15 - 12:15 -- GS Susan	<b>WARM AQUA</b> 11:00 - 11:55 -- WP Allison	<b>WARM AQUA</b> 11:00 - 11:55 -- WP Amy	<b>WARM AQUA</b> 11:00 - 11:55 -- WP Allison <b>'LITE' WORKOUT</b> 11:15 - 12:00 Susan	<b>WARM AQUA</b> 11:00 - 11:55 -- WP Amy		
4 - 5 pm	<b>EVENING</b>  <b>STEP</b> 4:30 - 5:15 -- GS Kelly	<b>EVENING</b> <b>WEIGHTED WORKOUT</b> 4:30 - 5:30 -- GS Kelly <b>WATER FITNESS</b> 4:30 - 5:30 --CP Kathy	<b>EVENING</b>	<b>EVENING</b>  <b>WEIGHTED WORKOUT</b> 4:30 - 5:30 -- GS Kelly	<b>EVENING</b>  <b>'FUN' FLOW YOGA</b> 4:30 - 5:30 -- GS Elizabeth	<b>EVENING</b>	<b>EVENING</b>  <b>'FLOW' YOGA</b> 1:00 - 2:00 --GS Jill M.
5 - 6 pm	<b>Weighted WORKOUT</b> 5:30 - 6:15 -- GS Kelly  <b>CYCLING</b> 5:30 - 6:30 -- CS John	<b>GROUP TRX</b> 5:30 -6:00 --GYM Rusty <b>KETTLEBELL</b> 6:00 - 6:30---GS T.J.	<b>ZUMBA</b> 6:00 - 6:45 -- GS Jessica  <b>CYCLING</b> 5:30 - 6:30 -- CS Jill T.	<b>WATER FITNESS</b> 4:30 - 5:30 -- CP Kathy  <b>EXPRESS FITNESS</b> 6:00 - 6:30 --GS T.J.	<b>GROUP TRX</b> 5:30 - 6:00 --GYM Rusty	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>Schedule Effective: September 15, 2020</b> </div> <div style="border: 2px solid black; padding: 5px; text-align: center; margin-top: 5px;"> <b>CLASS LOCATION CODES:</b>            GS - Group Fitness Studio            CS - Cycling Studio            CP - Cool Pool            WP - Warm Pool            GYM - New Gym            XFS - X-Fit Studio            (AF Class) -Arthritis Foundation         </div>	
6 - 8 pm	<b>PILATES</b> 6:30 - 7:15 -- GS Susan X-FIT 6:30 - 7:30 --XFS Y Staff	<b>GENTLE YOGA</b> 7:00 - 8:00 -- GS Elizabeth		<b>YOGA</b> 6:45 - 7:45 --GS Carolyn			

**\*ALL CLASSES & INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES\***

Huntington Y      Mon - Fri: 5:30a-10p      P 304-525-8127  
 935 10<sup>th</sup> Ave.      Saturdays: 8a-8p      E: [aerobics@huntingtonymca.org](mailto:aerobics@huntingtonymca.org)      GROUP FITNESS DIRECTOR: *Christy Spurlock*  
 Huntington ,WV 25701      Sundays: 12p-6p      W: [www.huntingtonymca.org](http://www.huntingtonymca.org)      SENIOR HEALTH & WELLNESS: *Mike Callanan*