



For Youth Development  
For Healthy Living  
For Social Responsibility

# HUNTINGTON Y GROUP FITNESS CLASSES

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

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

Huntington Y  
935 10<sup>th</sup> Ave.  
Christy Spurlock

Mon - Fri: 5:30a-10p  
Saturdays: 8a-8p

P 304-525-8127

E: [aerobics@huntingtonymca.org](mailto:aerobics@huntingtonymca.org)

GROUP FITNESS DIRECTOR:

Huntington ,WV 25701   Sundays:   12p-6p   W: [www.huntingtonymca.org](http://www.huntingtonymca.org)   SENIOR HEALTH & WELLNESS: *Mike Callanan*