

GROUP EXERCISE SCHEDULE (FALL/WINTER)

MONDAY			
5:00 AM	Boot Camp	Nikki	FTR
6:00 AM	Boot Camp	Nikki	FTR
6:30 AM	TRX/Barre	Alex	Studio A
8:00 AM	Fit & Strong	Kathleen	Studio A
9:00 AM	Silver Sneakers	Lorie	Studio A
9:00 AM	HIIT	Kathleen	FTR
9:00 AM	Yoga Mixed Levels	Karen	FPC
10:00 AM	Senior Yoga	Lorie	Studio A
10:00 AM	Power Cuts	Kathleen	FTR
10:00 AM	Shallow Water Exercise	Greg	Indoor Pool
5:30 PM	Cardio Punch	Jody	FTR
6:00 PM	Cycle	Kathleen	Cycle Studio
6:00 PM	Zumba	Alex	Studio A

TUESDAY			
5:15 AM	Cycle	Leah	Cycle Studio
6:00 AM	TRX	Kate/Kathleen	Studio A
8:00 AM	Fit & Strong	Kathleen	Studio A
9:00 AM	Gentle Fit & Strong	Lorie	Studio A
9:00 AM	Cardio Punch	Leila	FTR
9:00 AM	Cycle	Kathleen	Cycle Studio
10:00 AM	Zumba Gold	Tawny	Studio A
10:00 AM	Deep Water Jog	Toni	Indoor Pool
10:00 AM	Core Strength	Kathleen	FTR
5:30 PM	Power Circuit	Kathleen	FTR
5:30 PM	Cycle	Jessica	Cycle Studio
5:30 PM	Yoga Mixed Levels	Cynthia	FPC
6:00 PM	Shallow Water Exercise	Rick	Indoor Pool
6:30 PM	Xtreme Step	Maria	FTR

WEDNESDAY			
5:00 AM	Boot Camp	Nikki	FTR
6:00 AM	Boot Camp	Nikki	FTR
8:00 AM	Fit & Strong	Kathleen	Studio A
9:00 AM	Silver Sneakers	Leila	Studio A
9:00 AM	Cardio Strength Interval	Kathleen	FTR
9:00 AM	Yoga Mixed Levels	Jay	FPC
10:00 AM	Power Cuts	Kathleen	FTR
10:00 AM	Silver Sneakers	Leila	Studio A
10:00 AM	Aqua Blast	Toni	Indoor Pool
11:15 AM	Making Moves for Parkinson's	Toni	Studio A
12:00 PM	Cycle Express	Tammy	Cycle Studio
5:30 PM	Cardio Strength Interval	Jody	FTR
6:00 PM	Zumba	Mandy	Studio A
6:15 PM	TRX	Alex	FTR

THURSDAY			
5:15 AM	Cycle	Tammy	Cycle Studio
6:00 AM	TRX	Kate/Kathleen	Studio A
8:00 AM	Fit & Strong	Kathleen	Studio A
9:00 AM	Senior Yoga	Lorie	Studio A
9:00 AM	Power Cuts	Kathleen	FTR
10:00 AM	Yoga Mixed Levels	Elizabeth	FPC
10:00 AM	Cardio Punch	Leila	Studio A
10:00 AM	Aqua Zumba	Tawny	Indoor Pool
11:00 AM	Functional Boxing	Leila	Studio A
5:30 PM	Power Cuts	Jody	FTR
5:30 PM	Yoga Mixed Levels	Mindy/Nicole	FPC
5:30 PM	Cycle	Molly	Cycle Studio
6:00 PM	Shallow Water Exercise	Rick	Indoor Pool


FRIDAY			
5:00 AM	Boot Camp	Nikki	FTR
6:00 AM	Boot Camp	Nikki	FTR
8:00 AM	Fit & Strong	Jessica	Studio A
9:00 AM	Silver Sneakers	Lorie	Studio A
9:00 AM	Cardio Dance	Toni	FTR
9:00 AM	Yoga Mixed Levels	Elizabeth	FPC
9:00 AM	Cycle	Kathleen	Cycle Studio
10:00 AM	Shallow Water Exercise	Renee	Indoor Pool
10:00 AM	Silver Sneakers	Lorie	Studio A
10:00 AM	All About Bands	Kathleen	FTR
11:30 AM	Ashtanga Yoga	Jay	FPC

SATURDAY			
8:15 AM	Cycle	Rotation	Cycle Studio
9:00 AM	Power Cuts	Jody	FTR
10:00 AM	Zumba	Alex	Studio A
10:00 AM	Yoga Mixed Levels	Cynthia	FPC
11:30 AM	Yoga Mixed Levels	Cynthia	FPC

Hickory Foundation YMCA Branch Hours

Mon -Thurs 5:00am - 9:00pm
Friday 5:00am - 8:00pm
Saturday 8:00am - 5:00pm
Sunday 1:00pm - 5:00pm

Inquiries:
Tammyh@ymcacv.org



All classes run 45 minutes except Yoga & Water Aerobics

FTR - Functional Training Room

FPC - First Pres. Church in Hickory