

4/1/25-4/26/25

## GROUP EXERCISE SCHEDULE (APRIL)

MONDAY			
5:00AM	Boot Camp	Nikki	Functional Rm
6:00 AM	Boot Camp	Nikki	Functional Rm
8:00 AM	Fit & Strong	Kathleen	Studio A
9:00 AM	Silver Sneakers	Nikki	Studio A
9:00 AM	HIIT	Kathleen	Functional Rm
9:00 AM	Yoga Mixed Levels	Karen	First Pres.
10:00 AM	Senior Yoga	Brandon	Studio A
10:00 AM	Power Cuts	Kathleen	Functional Rm
10:00 AM	Shallow Water Exercise	Greg	Indoor Pool
5:30 PM	Cardio Punch	Jody	Functional Rm
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/Nikki	Studio A
8:00 AM	Fit & Strong	Kathleen	Studio A
9:00 AM	Gentle Fit & Strong	Nikki	Studio A
9:00 AM	Cardio Punch	Toni	Functional Rm
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	Functional Rm
5:30 PM	Power Circuit	Jody	Functional Rm
5:30 PM	Cycle	Molly	Cycle Studio
5:30 PM	Yoga Mixed Levels	Cynthia	First Pres.
6:00 PM	Shallow Water Exercise	Rick	Indoor Pool
6:30 PM	Xtreme Step-New Location	Maria	Studio A

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

All classes run 45 minutes except Yoga & Water Aerobics  
 First Presbyterian Church Downtown Hky  
 Please see Y360 for any class cancellations

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	Libby	Studio A
9:00 AM	Power Cuts	Kathleen	Functional Rm
10:30 AM	Yoga Mixed Levels	Libby	First Pres.
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	Functional Rm
5:30 PM	Yoga Mixed Levels	Libby/Nicole	First Pres.
5:30 PM	Cycle	Nikki	Cycle Studio
6:00 PM	Shallow Water Exercise	Rick	Indoor Pool

FRIDAY			
5:00 AM	Boot Camp	Nikki	Functional Rm
6:00 AM	Boot Camp	Nikki	Functional Rm
8:00 AM	Fit & Strong	Jessica	Studio A
9:00 AM	Silver Sneakers	Nikki	Studio A
9:00 AM	Cardio Dance	Toni	Functional Rm
9:00 AM	Cycle	Kathleen	Cycle Studio
10:00 AM	Shallow Water Exercise	Renee	Indoor Pool
10:00 AM	Silver Sneakers	Nikki	Studio A
10:00 AM	All About Bands	Kathleen	Functional Rm
11:30 AM	Ashtanga Yoga	Jay	First Pres.

SATURDAY			
8:15 AM	Cycle	Rotation	Cycle Studio
9:00 AM	Power Cuts	Jody	Functional Rm
10:00 AM	Zumba	Alex	Studio A
10:00 AM	Yoga Mixed Levels	Cynthia	First Pres.
11:30 AM	Yoga Mixed Levels	Cynthia	First Pres.

## 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:

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SCHEDULE

