


JUNE

HOURS OF OPERATION

MON. - THURS. 5:00 AM - 9:00 PM
 FRIDAY 5:00 AM - 7:00 PM
 SATURDAY 8:00 AM - 3:00 PM
 SUNDAY 1:30 PM - 5:00 PM

CHILDWATCH HOURS

MON. - FRI. 8:00 AM - 11:00 AM
 MON. - THURS. 4:00 PM - 8:00 PM
 NO WEEKEND HOURS!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:15-6:00 HIIT	2 9:00-10:00 SUPER STARS 6:15-7:00 WATER AEROBICS	3 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	4 5:15-6:00 COMBAT CLASS 6:15-7:00 WATER AEROBICS	5 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS	6
7	8 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:15-6:00 HIIT	9 6:15-7:00 WATER AEROBICS	10 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	11 5:15-6:00 COMBAT CLASS 6:15-7:00 WATER AEROBICS	12 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS	13
14	15 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:15-6:00 HIIT	16 9:00-10:00 SUPER STARS 6:15-7:00 WATER AEROBICS	17 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	18 5:15-6:00 COMBAT CLASS 6:15-7:00 WATER AEROBICS	19 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS	20
21	22 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:15-6:00 HIIT	23 9:00-10:00 SUPER STARS 6:15-7:00 WATER AEROBICS	24 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	25 5:15-6:00 COMBAT CLASS 6:15-7:00 WATER AEROBICS	26 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS	27
28	29 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:15-6:00 HIIT	30 9:00-10:00 SUPER STARS 6:15-7:00 WATER AEROBICS	<p align="center">YMCA INSTRUCTORS</p> 	<p><u>STRENGTH FOR DAILY LIVING (SDL):</u> SUSAN ADAMS <u>WATER AEROBICS:</u> SUSAN ADAMS & KAYE FOWLER <u>CORE & MORE, CARDIO SCULPT:</u> MEKA ADAMS <u>HIIT & COMBAT CLASS:</u> CARI CONLEY <u>LINE DANCING:</u> MELANIE TRAMMELL <u>SUPER STARS (DSN):</u> SHELBY ALEXANDER</p>		

CLASS DESCRIPTIONS

**STRENGTH FOR
DAILY LIVING (SDL)**



Participants move through a series of low-impact exercises that focus on improving balance, flexibility, strength, and cardiovascular health. Exercises can be modified for different levels of ability.

**CORE & MORE,
CARDIO SCULPT**



Core & More: Group fitness session that focuses on building core strength (abs, back, glutes, & hips) for better posture, balance, and overall stability.
Cardio Sculpt: Dynamic group fitness session that blends aerobics with strength and core training to build endurance and tone muscles.

**HIGH-INTENSITY
INTERVAL TRAINING
(HIIT)**



Participants engage in short bursts of intense aerobic exercise (burpees, jump-squats, etc.) followed by recovery intervals of brief rest or light activity. Designed to boost fitness, burn calories, and improve endurance, and can be modified for all levels of ability.

COMBAT CLASS



A high-energy and non-contact workout that blends martial arts-inspired movements with cardio and functional fitness training. Designed for all fitness levels to improve strength, endurance, coordination, and agility in a fun and engaging environment.

LINE DANCING



A beginner-friendly and fun approach to exercise, designed to improve cardiovascular health, build muscle, and increase endurance. Includes easy-to-follow line dance steps set to a variety of music types, from classic favorites to modern hits.

**SUPER STARS
(DSN)**



A supportive, inclusive exercise session for Disabled/Special Needs adults. Exercises are adaptable and low-impact, and often include light cardio, stretching, balance work, and light strength training.

WATER AEROBICS



A low-impact, full-body fitness class designed to improve strength, flexibility, balance, and cardiovascular health in an aquatic environment. Provides a safe, joint-friendly workout that helps increase mobility, endurance, and overall wellness while reducing stress on the body.