

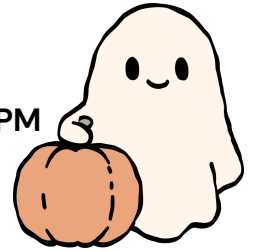
October

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
YMCA INSTRUCTORS 	STRENGTH FOR DAILY LIVING (SDL): SUSAN ADAMS CORE & MORE, CARDIO SCULPT: MEKA ADAMS SUPER STARS (DSN): SHELBY ALEXANDER HIIT & COMBAT CLASS: CARI CONLEY BUILD & BURN: VICKI LEMONS LINE DANCING: MELANIE TRAMMELL			1 5:30-6:15 COMBAT CLASS	2 9:00-9:45 SDL 10:00-10:45 SDL	3
4	5 9:00-9:45 SDL 10:00-10:45 SDL 5:30-6:15 H.I.I.T. CLASS	6 8:00-8:45 BUILD & BURN 9:30-10:15 SUPER STARS 6:00-6:45 LINE DANCING	7 9:00-9:45 SDL 10:00-10:45 SDL 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	8 8:00-8:45 BUILD & BURN 5:30-6:15 COMBAT CLASS	9 9:00-9:45 SDL 10:00-10:45 SDL	10
11	12 9:00-9:45 SDL 10:00-10:45 SDL 5:30-6:15 H.I.I.T. CLASS	13 8:00-8:45 BUILD & BURN 9:30-10:15 SUPER STARS 6:00-6:45 LINE DANCING	14 9:00-9:45 SDL 10:00-10:45 SDL 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	15 8:00-8:45 BUILD & BURN 5:30-6:15 COMBAT CLASS	16 9:00-9:45 SDL 10:00-10:45 SDL	17
18	19 9:00-9:45 SDL 10:00-10:45 SDL 5:30-6:15 H.I.I.T. CLASS	20 8:00-8:45 BUILD & BURN 9:30-10:15 SUPER STARS 6:00-6:45 LINE DANCING	21 9:00-9:45 SDL 10:00-10:45 SDL 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	22 8:00-8:45 BUILD & BURN 5:30-6:15 COMBAT CLASS	23 9:00-9:45 SDL 10:00-10:45 SDL	24
25	26 9:00-9:45 SDL 10:00-10:45 SDL 5:30-6:15 H.I.I.T. CLASS	27 8:00-8:45 BUILD & BURN 9:30-10:15 SUPER STARS 6:00-6:45 LINE DANCING	28 9:00-9:45 SDL 10:00-10:45 SDL 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	29 8:00-8:45 BUILD & BURN 5:30-6:15 COMBAT CLASS	30 9:00-9:45 SDL 10:00-10:45 SDL	31

CLASS DESCRIPTIONS

STRENGTH FOR DAILY LIVING (SDL) - SUSAN ADAMS

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 - MEKA ADAMS

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.

SUPER STARS (DSN) - SHELBY ALEXANDER

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.

HIGH-INTENSITY INTERVAL TRAINING (HIIT) - CARI CONLEY

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 - CARI CONLEY

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.

BUILD & BURN - VICKI LEMONS

An upbeat, full-body workout that combines weights and bodyweight exercises with cardio to build strength, challenge your muscles, boost endurance, and keep you moving. All fitness levels are welcome. Be sure to bring a yoga mat!

LINE DANCING - MELANIE TRAMMEL

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.