

Kings Mountain Family YMCA Fitness Schedule

March 2010

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM		Pedal & Pump Liza Cycle Room			
5:15 AM		Zumba® Dee Groupe Exercise Room		Cycle Larry Cycle Room	Zumba® Dee Groupe Exercise Room
9:30 AM	Aqua Chastity/Candace HS Pool	Power Yoga Candace Yoga Room (Board Room)	Aqua Candace/Chastity HS Pool		Aqua Chastity/Candace HS Pool
10:30 AM	Seniors in Motion TBA Patrick Senior Center	Silver Sneakers® (10:45) Candace Yoga Room (Board Room)	Seniors in Motion TBA Patrick Senior Center	Silver Sneakers® (10:45) Chastity Yoga Room (Board Room)	Seniors in Motion Ginger Patrick Senior Center
3:00 PM		Xpress Cardio Darrick Group Exercise Room		Xpress Cardio Darrick Group Exercise Room	
4:30 PM	FLEX Melissa Group Exercise Room		Body Sculpt (5:00pm) Tina Group Exercise Room	WOSAA Melissa Group Exercise Room	
5:30 PM	Extreme Cycle Melissa P. Cycle Room			Extreme Cycle Melissa Cycle Room	
5:30PM	Tone Zone(30 minutes) Lyndsey Group Exercise Room	Turbo Kick® Nicole Group Exercise Room		Zumba® (5:30pm) Dee Group Exercise Room	
6:00 PM	Zumba @ Dee Group Exercise Room		Cardio Dance Nicole Group Exercise Room		
6:30 PM	3-2-1 Thrive! Candace			Yoga Candace Yoga Room	
7:00 PM					

Saturdays

All



8:45 AM	FLEX Candace Group Ex Room
9:30 AM	Yoga Candace Yoga Room (Board Room)

NO SUNDAY CLASSES