

Kings Mountain Family YMCA Fitness Schedule August 2009

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM		Pedal & Pump Liza Cycle Room		Cycle Larry Cycle 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		Silver Sneakers® (10:45) Candace Yoga Room (Board Room)		Silver Sneakers® (10:45) Chastity Yoga Room (Board Room)	
11:00am			Lunchtime Calorie Killer Liz Group Exercise Room		Lunchtime Calorie Killer Liz Group Exercise
3:00 PM		Xpress Cardio Darrick Group Exercise Room		Xpress Cardio Darrick Group Exercise Room	
4:30 PM	FLEX Melissa Group Exercise Room	Tone Zone (5:00pm) Lindsey Group Exercise Room	FLEX Melissa Group Exercise Room	Cardio Dance Nicole Group Exercise Room	
5:00 PM	Extreme Cycle Melissa P. Cycle Room	Turbo Kick® Nicole Group Exercise Room	Pilates Melissa Yoga Room (Board Room)	Extreme Cycle Melissa Cycle Room	
5:30PM	Beginner Pilates(30 minutes) Lyndsey Yoga Room (Board Room)	Weight Loss Support Group Candace Pool Side		Zumba® (5:30) Dee Group Exercise Room	
6:00 PM	Zumba® Dee Group Exercise Room	Aqua Candace Outdoor Pool (ENDS 20th)		Aqua Chastity Outdoor Pool (ENDS 20th)	
6:30 PM				Yoga Candace Yoga Room	
7:00 PM				Body Sculpt Tina Group Exercise Room	

Saturdays

All

9:30 AM	Yoga Candace Yoga Room (Board Room)
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Please note that the last Outdoor Aqua class for the season will be August 20th. The Pool will close after that week. Please join us at KMHS Pool for the AM classes!

NO SUNDAY CLASSES

a 6 week Beginner Shag class will begin Sept. 1st, every Tuesday night from 7:00pm-8:30pm. \$10 members/\$15 non-members for the entire 6 weeks! Cannot beat that anywhere! Sign up fast. Spots are limited!