

Knox County YMCA
Group Fitness Class Schedule
Updated January 4, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45 AM		Yogalates Carmen		Yogalates Carmen	
6:00-7:00 AM			Step Amy		
8:05-9:05 AM		Step Roxie		Step Roxie	
8:00-8:50 AM	Silver Sneakers/MSROM Doug		Silver Sneakers/MRSOM Sheila		Silver Sneakers/MSROM Sheila/Doug
8:10-8:50 AM	Weight Training Susie		Weight Training Susie		
9:00-10:00 AM	Hi/Lo Aerobics Sheila		Zumba Susie		Hi/Lo Aerobics Sheila/Susie
9:15-10:15 AM		Yoga* Heather		Yoga* Deb	
10:05-10:50 AM	Pilates* Joan		Pilates* Joanne		Pilates* Joan/Joanne
10:30-11:20 AM		Silver Sneakers/MSROM Doug		Silver Sneakers/MSROM Sheila	
5:30-6:30 PM	Zumba Heather	Kickboxing Val	Step Roxie	Kickboxing Lindsay	
5:30-6:30PM	Yoga* Shuyan/Michele		Yoga* Michele		
6:30-7:30PM				Zumba Heather	

*Class will be held in the multi-purpose room.
 Classes subject to change and cancellation due to low enrollment.



