

Knox County YMCA Group Fitness Class Schedule Updated July 5, 2010

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|----------------------------------|--------------------------|------------------------------------|--------------------------|---|
| 6:00-6:45 AM | Zumba Carmen | Yogalates Carmen | | Yogalates Carmen | |
| 6:00-7:00 AM | | | Step Amy | | |
| 8:00-8:50 AM | Group Cycling* Joan | | Group Cycling* Joan/Doug | | Group Cycling* Joan/Tom |
| 8:00-8:50 AM | Silver Sneakers/MSROM Doug | | Silver Sneakers/MRSOM Sheila | | Silver Sneakers/MSROM Sheila/Doug |
| 8:05-9:05 AM | | Step Roxie | | Step Roxie | |
| 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 | | Silver Sneakers/MSROM | |
| 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.

