Highlands County Family YMCA
December
Group Exercise Schedule
(863) 382-9622

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Silver Sneakers Jane BLUE ROOM		8:00am Silver Sneakers Jane BLUE ROOM		8:00am Silver Sneakers Jane BLUE ROOM	
	8:00am TONE Total Body Reset Susan BLUE ROOM		8:00am TONE Total Body Reset Susan BLUE ROOM		
9:15am BODY PUMP™ Jeff BLUE ROOM	9:00am Tai chi Pamela Mind/Body Room	9:15am BODY PUMP™ Jeff BLUE ROOM	9:00am Tai chi Pamela Mind/Body Room	9:15am BODY PUMP™ Jeff BLUE ROOM	9:15am BODY PUMP™ Jeff BLUE ROOM
10:00am AQUA AEROBICS Aqua Team POOL		10:00am AQUA AEROBICS Aqua Team POOL		10:00am AQUA AEROBICS Aqua Team POOL	10:00am CYCLING Margot CYCLING ROOM
10:30am Silver Sneakers Jane BLUE ROOM	9:30am Silver Sneakers Jane BLUE ROOM	10:30am Silver Sneakers Jane BLUE ROOM	9:30am Silver Sneakers Jane BLUE ROOM		10:15am Zumba TEAM BLUE ROOM
10:30am YOGA Eve BOWYER ROOM		10:30am YOGA Eve BOWYER ROOM		10:30am YOGA Eve BOWYER ROOM	
	10:30am CHAIR YOGA Beth Ann Mind/Body Room		10:30am CHAIR YOGA Beth Ann Mind/Body Room		
5:30pm BODY PUMP™ Jeff BLUE ROOM	5:30pm BODY PUMP™ Jeff BLUE ROOM	5:30pm BODY PUMP™ Jeff BLUE ROOM	5:30pm BODY PUMP™ Jeff BLUE ROOM		
	6:00pm CYCLING Christina CYCLING ROOM		6:00pm CYCLING Christina CYCLING ROOM		
	6:30pm Zumba JP BLUE ROOM		6:30pm Zumba JP BLUE ROOM		

Pool Hours

Monday- Friday 5:30am-7:00pm

Saturday– 8:15am-4:00pm

Sunday– 11:15am–4:00pm

Fitness Hours

Monday - Thursday 5:00am-9:00pm

Friday 5:00am-8:00pm

Saturday 8:00am-5:00pm

Sunday 11:00am-5:00pm

Schedule Key

Strength
Cardio
Combination
Water Classes
Mind, Body, & Spirit