

# Highlands County Family YMCA

## JANUARY 2025

### Group Exercise Schedule

(863) 382-9622

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am <b>Silver Sneakers</b> Jane <u>BLUE ROOM</u>	8:00am <b>STONE</b> <b>Total Body Reset</b> Susan <u>BLUE ROOM</u>	8:00am <b>Silver Sneakers</b> Jane <u>BLUE ROOM</u>	8:00am <b>STONE</b> <b>Total Body Reset</b> Susan <u>BLUE ROOM</u>	8:00am <b>Silver Sneakers</b> Jane <u>BLUE ROOM</u>	
	9:00am <b>Tai chi</b> Pamela <u>Mind/Body Room</u>	9:00am <b>Nutrition</b> Dimitri <u>Mind/Body Room</u>	9:00am <b>Tai chi</b> Pamela <u>Mind/Body Room</u>		
9:15am <b>BODY PUMP™</b> Jeff <u>BLUE ROOM</u>		9:15am <b>BODY PUMP™</b> Jeff <u>BLUE ROOM</u>		9:15am <b>BODY PUMP™</b> Jeff <u>BLUE ROOM</u>	9:15am <b>BODY PUMP™</b> Jeff <u>BLUE ROOM</u>
9:30 am <b>Zumba</b> TEAM <u>GOLD ROOM</u>	9:30am <b>Silver Sneakers</b> Jane <u>BLUE ROOM</u>	9:30 am <b>Zumba</b> TEAM <u>GOLD ROOM</u>	9:30am <b>Silver Sneakers</b> Jane <u>BLUE ROOM</u>		
10:00am <b>AQUA AEROBICS</b> Aqua Team <u>POOL</u>	10:00am <b>AQUA AEROBICS</b> Aqua Team <u>POOL</u>	10:00am <b>AQUA AEROBICS</b> Aqua Team <u>POOL</u>	10:00am <b>AQUA AEROBICS</b> Aqua Team <u>POOL</u>	10:00am <b>AQUA AEROBICS</b> Aqua Team <u>POOL</u>	10:00am <b>CYCLING</b> <u>CYCLING ROOM</u>
10:30am <b>YOGA</b> Eve <u>BOWYER ROOM</u>	11:00am <b>DEEP WATER AQUA</b> Aqua Team <u>POOL</u>	10:30am <b>YOGA</b> Eve <u>BOWYER ROOM</u>	11:00am <b>AQUA PILATES</b> Aqua Team <u>POOL</u>	10:30am <b>YOGA</b> Eve <u>BOWYER ROOM</u>	10:15 am <b>Zumba</b> TEAM <u>BLUE ROOM</u>
10:30am <b>Line Dancing</b> Dee <u>GOLD ROOM</u>	10:30am <b>CHAIR YOGA</b> Beth Ann <u>Gold Room</u>	10:30am <b>Line Dancing</b> Dee <u>GOLD ROOM</u>	10:30am <b>CHAIR YOGA</b> Beth Ann <u>Gold Room</u>	10:30am <b>Line Dancing</b> Dee <u>GOLD ROOM</u>	
10:30am <b>Silver Sneakers</b> Jane <u>BLUE ROOM</u>		10:30am <b>Silver Sneakers</b> Jane <u>BLUE ROOM</u>		<b>Pool Hours</b> Monday- Friday 5:30am-7:00pm Saturday- 8:15am-4:00pm Sunday- 11:15am-4:00pm	
5:30pm <b>BODY PUMP™</b> Jeff <u>BLUE ROOM</u>	5:30pm <b>BODY PUMP™</b> Jeff <u>BLUE ROOM</u>	5:30pm <b>BODY PUMP™</b> Jeff <u>BLUE ROOM</u>	5:30pm <b>BODY PUMP™</b> Jeff <u>BLUE ROOM</u>		
6:30pm <b>ZUMBA</b> TEAM <u>BLUE ROOM</u>	6:00pm <b>CYCLING</b> Christina <u>CYCLING ROOM</u>	6:30pm <b>ZUMBA</b> TEAM <u>BLUE ROOM</u>	6:00pm <b>CYCLING</b> Christina <u>CYCLING ROOM</u>	<b>Fitness Hours</b> Monday - Thursday 5:00am-9:00pm Friday 5:00am-8:00pm Saturday 8:00am-5:00pm Sunday 11:00am-5:00pm	
10:15AM <b>PEADLING FOR PARKINSONS</b> <u>CYCLING ROOM</u>	6:30pm <b>Zumba</b> JP <u>BLUE ROOM</u>	10:15AM <b>PEADLING FOR PARKINSONS</b> <u>CYCLING ROOM</u>	6:30pm <b>Zumba</b> JP <u>BLUE ROOM</u>		
				<b>Schedule Key</b> Strength Combination Cardio Water Classes	