

Group Exercise

Unicoi County YMCA

January 2018

Monday			
5:30	GF	Spin	Ben Lamie
8:00	Pool	Water Aerobics	Marie Wilson
8:30	GF	I.C.	Linda Treadway
10:00	Gym	Silver Sneakers	Linda Treadway
12:00	GF	Spin	David True
5:30	GF	Tabata	Heather Miller
6:30	GF	Spin	Heather Miller
Tuesday			
5:30	GF	HIIT	Sandy Garrabrant
7:00	GF	Pilates	Sandy Garrabrant
8:00	Pool	Water Aerobics	Sandy Garrabrant
9:00	GF	Kickboxing*	Dustin Walden
10:00	GF	Yoga*	Ashley Mumpower
10:00	MPR	SS Yoga	Marie Bradford
3:30	MPR	Silver Sneakers	Marie Bradford
4:30	MPR	Chair Yoga	Marie Bradford
5:30	GF	HIIT	Amber Simerly
6:00	Pool	Water Aerobics	Gina
6:30	GF	Spin	Amber Simerly
Wednesday			
5:30	GF	Spin	Brett Forney
8:30	GF	I.C.	Linda Treadway
10:00	GF	Homeschool PE	Brett Forney
10:00	Gym	Silver Sneakers	Marie B./Linda T.
11:00	Gym	Pre-K Playgroup	Brett Forney
12:00	GF	Spin	David True
5:30	GF	Spin	Kerri K./Ali W.

Thursday			
5:30	GF	HIIT	Sandy Garrabrant
7:00	GF	Pilates	Sandy Garrabrant
8:00	Pool	Water Aerobics	Sandy Garrabrant
9:00	GF	Kickboxing*	Dustin Walden
10:00	MPR	SS Yoga	Marie Bradford
3:30	MPR	Silver Sneakers	Marie Bradford
4:30	MPR	Chair Yoga	Marie Bradford
5:30	GF	Cardio Dance	Kelly W./Mattie T.
6:00	Pool	Water Aerobics	Gina
6:30	GF	Spin	Ali Wainwright
Friday			
5:30	GF	Spin	Ben Lamie
8:30	GF	Bootcamp Lite	Brett Forney
10:00	Gym	Silver Sneakers	Linda T./Marie B.
12:00	GF	Spin	Brett Forney
12:00		Bike Ride	Frank Cooke
Saturday			
9:00	GF	Bootcamp	Brett Forney
Sunday			
3:00	GF	Cardio Dance	Mattie Tilson

GF-Group Fitness (upstairs room)

MPR-Multi Purpose Room (youth center)

ALL CLASSES are geared for all participants/fitness levels! Instructors are happy to show modifications for any exercise. Please ask and let us help you get the most out of your class and help you reach your goals!

*Boxing Gloves are recommended but not required for Kickboxing

*Yoga Mats are recommended but not required for Yoga

Comments/Questions/Concerns: brettforney@gmail.com

YMCA CLOSED JANUARY 1ST