



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JOHN McCLURE SNOOK FAMILY YMCA GROUP EXERCISE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10	Tone to Stone Beth <b>A</b>	Interval Becky <b>S</b>	Tone to Stone Beth <b>A</b>	Interval Becky <b>S</b>	Tone to Stone Beth <b>A</b>	8:15am Spinning Becky/Denise
8:00		June <b>M</b>		June <b>M</b>		9:00am Spinning Becky/Denise
8:30	Low Impact Bobbe <b>A</b>	Trekking Beth <b>W</b>	Low Impact Bobbe <b>A</b>	Zumba Navy <b>A</b>	Low Impact Bobbe <b>A</b>	
	Endurance Debbie <b>S</b>		Interval Debbie <b>S</b>		Strength Connie <b>S</b>	
9:00		June <b>M</b>		June <b>M</b>		
9:30	Tone to Stone Brandice <b>A</b>		Tone to Stone Brandice <b>A</b>			
9:40		Yoga Margit <b>A</b>		Yoga Margit <b>A</b>		
10:30			Yoga Danielle <b>A</b>			
11:15					Jump & Pump Ashley <b>A</b>	
4:30	Jump & Pump Ashley <b>A</b>	Yoga Pat <b>A</b>	Jump & Pump Ashley <b>A</b>	Yoga Pat <b>A</b>		<b>M</b> -- Marjorie Snook Ctr
5:30	Zumba Navy <b>A</b>	Advanced Burn Renee <b>A</b>	Kick "N" It Up a Notch Renee <b>A</b>			<b>W</b> -- Wellness Floor
	Interval/Strength Connie <b>S</b>		Interval/Strength Connie <b>S</b>			<b>A</b> -- Aerobics Studio
5:45		Interval/Strength Navy <b>S</b>		Interval/Strength Navy <b>S</b>		<b>S</b> -- Spinning room
6:30	Yoga Danielle <b>A</b>					<b>P</b> -- Pool

OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.