






FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

NORTH MOBILE FAMILY YMCA GROUP EXERCISE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	SPINNING Stephaine S	PILATES Stephaine G	SPINNING Stephaine S	PILATES Stephaine G	SPINNING Stephaine S	
8:15	AQUA FITNESS Dawn P	SPINNING Amy S	ZUMBA Karen G	SPINNING Amy S	AQUA FITNESS Dawn P	
	ZUMBA Karen G	AQUA YOGA Dawn P	AQUA FITNESS Dawn P	AQUA YOGA Dawn P	SPINNING Amy S	
8:30	TREKKING Rita-Nicole G	20/20/20 8:15 STEPHANIE G	TREKKING Rita-Nicole or Stephaine G		TREKKING Rita-Nicole G	
9:15	POWER-LIFT Rita-Nicole G		POWER-LIFT Rita-Nicole G		POWER-LIFT DONNA G	
	SENIOR CIRCLE Dawn P		SENIOR CIRCLE Dawn P		 SILVER SPLASH P	
9:30		YOGA DONNA G				
10:15	 Dawn G		 Dawn G			
12:15		POWER-LIFT Kenya G		LUNCH BOOTCAMP Kenya G	CARDIO-KICK Kenya	
4:30		SPINNING & ABS ROTATING INSTRUCTORS S			SPINNING & ABS ROTATING INSTRUCTOR S	
5:30	POWER-LIFT Kenya G	ZUMBA Karen G	CARDIO BOOTCAMP TIFFANY	POWER-LIFT Kenya G	ZUMBA KOURTNEY G	G Group Fitness
	RIDE & RUN AMY S	RIDE & RUN ANNETTE S	RIDE & RUN KIM S	RIDE & RUN GRACIE S		
6:30	SPINNING AMY S	SPINNING ANNETTE S	ZUMBA ROZIE G	SPINNING GRACIE S		S Spinning room
	PILATES KENYA					P Pool

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