



Upstairs aerobics room @ Plainview YMCA

June 8th - June 14th

313 Ennis
Plainview, TX 79072
806-293-8319

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Toning Mandy Steen 5:30am - 6:15am	Toning Mandy Steen 5:30am - 6:15am		Toning Mandy Steen 5:30am - 6:15am			
8am	Step & Sculpt Cyndy Walter 8:30am - 9:30am	Muscle Pump Ashley Mayberry 8:30am - 9:30am	Step & Sculpt Cyndy Walter 8:30am - 9:30am	Muscle Pump Ashley Mayberry 8:30am - 9:30am			
9am			Out of Bounds Lindsey Igo 9:30am - 10:30am		Out of Bounds Lindsey Igo 9:30am - 10:30am		
11am		Yoga Ashley Mayberry 11am - 12pm		Yoga Ashley Mayberry 11am - 12pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.