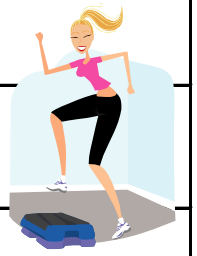
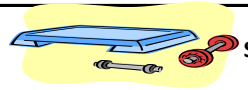
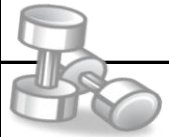
# GROUP EXERCISE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
the YMCA

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 5:45 AM | 5:30 - 6:30<br>Toning<br>Lindy Smith-Pochucha | 5:30 - 6:30<br>Toning<br>Lindy Smith-Pochucha | 5:30 - 6:30<br>Pilates<br>Lindy Smith-Pochucha | 5:30 - 6:30<br>Toning<br>Lindy Smith-Pochucha | 5:30 - 6:30<br>Pilates<br>Lindy Smith-Pochucha |  |
| 8:30 AM | 8:30 -9:30<br>Step & Sculpt<br>Cyndy Walter | 8:30 -9:30<br>Boot Camp<br>Kim Berry | 8:30 - 9:30<br>Step & Sculpt<br>Cyndy Walter | 8:30 -9:30<br>Muscle Pump<br>Ashley Mayberry | 8:30 - 9:30<br>Step & Sculpt<br>Ashley Mayberry | |
| 9:30 AM | 9:30 - 10:30<br>Zumba Toning®<br>Marlene Reed | | | 9:30 - 10:30<br>Zumba Toning®<br>Marlene Reed | 9:30 - 9:45<br>Extended Stretching time | |
| 10:00 AM | | 10:00 - 10:45<br>SilverSneakers®<br>Muscular Strength & ROM<br>Ashley Mayberry | | 10:00 - 10:45<br>SilverSneakers®<br>Muscular Strength & ROM<br>Ashley Mayberry |  | 10:00 - 11:00<br>Step/Hip Hop/Kickboxir<br>Rotation |
| 11:00AM | 11:00 - 12:00<br>Yoga<br>Magnolia Franz | 11:00 - 12:00<br>Yoga<br>Ashley Mayberry | 11:00 - 12:00<br>Yoga<br>Magnolia Franz | 11:00 - 12:00<br>Yoga<br>Ashley Mayberry | 11:00 - 12:00<br>Yoga<br>Magnolia Franz<br>NEW! | 11:00 - 12:00<br>Hip Hop Cardio Step<br>Lorrie Burnette |
| 12:00 PM | | | | | | |
| 4:00 PM<br>4:15 PM | 4:15 - 4:55<br>Butts & Guts<br>Lindy Smith-Pochucha | 4:15 - 5:00<br>Toning<br>Shay Webb | 4:15 - 4:55<br>Butts & Guts<br>Lindy Smith-Pochucha | 4:15 - 5:00<br>Toning<br>Shay Webb | 2:00 - 3:00<br>Wayland Football Yoga<br>Ashley Mayberry | |
| 5:00 PM<br>&<br>5:30 PM | 5:00 - 5:55<br>Zumba ®<br>Nicole Wood | 5:10 - 6:10<br>Hip Hop Cardio Step<br>Lorrie Burnette<br>NEW | 5:00 - 5:55<br>Piloxing®<br>Marlene Reed<br>NEW - | 5:10 - 6:10<br>Hip Hop Cardio Step<br>Lorrie Burnette<br>NEW! | .<br>5:30 - 6:30<br>Zumba ®<br>Leslie Delgado | |
| 6:00 PM<br>&<br>6:15 PM | 6:00 - 6:55<br>Stability Ball<br>Nila Ball | <br>6:15 - 6:55<br>Cardio Kids!<br>Nila Ball | 6:00 - 6:55<br>Stability Ball<br>Nila Ball | 6:15 - 6:55<br>Zumba®<br>Nicole Wood | |  |
| 7:00 PM | 7:00 - 8:00<br>Step & Sculpt<br>Sandra Alcala | 7:00 - 8:00<br>Kickboxing<br>Donita Smiley | 7:00 - 8:00<br>Step<br>Sandra Alcala | 7:00 - 8:00<br>Kickboxing<br>Donita Smiley | | |

**Winter 2013 Schedule**
****SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.**
**** Please see white board at front desk for class cancellations & announcements.**

**Saturday Rotation**

1st - Donita Smiley
2nd - Lorrie Burnette
3rd - Sandra Alcala
4th - Nila Ball
5th -Angie Herrington

**Class Location Color Key:**

Aerobic Room (Upstairs)
Gym (SilverSneakers®)

**Ashley Mayberry**
YMCA Health & Welness Director
806-293-8319
amayberry@plainviewymca.org
313 Ennis P.O. Box 1286
Plainview, TX 79073

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