



YMCA of the Suncoast
Clearwater Branch
 1005 South Highland Ave.
 Clearwater, FL 33756

(727) 461-9622 www.suncoastymca.org

Cycling Studio
 Additional Fee Required
 Pool
 Multi-Use Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am	6:00 – 7:00 Boot Camp Begins 8/4	6:00 – 7:00 Step I /Strength- Joyce	5:45-6:45 Boot Camp Begins 8/4	6:00-7:00 Cardio Kickboxing/ Strength and Conditioning (Alt. Weeks)	6:00 – 7:00 Boot Camp Begins 8/4		
	6:00 – 6:45 Y Cycling Mary	6:00 – 6:45 Y Cycling Dan	6:00 – 6:45 Y Cycling Melinda	6:00 – 6:45 Y Cycling Mary	6:00 – 6:45 Y Cycling TBA		
7 am	7:15 - 8:15 Beg. Tai Chi Chuan-Bob	7:15 - 8:15 Int. Tai Chi Chuan-Bob	7:15 - 8:15 Beg. Tai Chi Chuan-Bob	7:15 - 8:15 Int. Tai Chi Chuan-Bob	7:15 - 8:15 Tai Chi Basics Bob	7:30 – 8:15 Cycle Sculpt Donna	
8 am	8:30 – 9:30 Hi/Lo Aerobics Georgina	8:30 – 9:30 Hi/Lo Aerobics Melissa		8:30 – 9:30 Hi/Lo Aerobics Melissa	8:30 – 9:30 Line Dance Gail	8:00-9:00 Water Aerobics Karen	
					8:30 – 9:30 Pilates Pat		
	8:30-9:30 Y Cycling Peggy				8:30-9:30 Y Cycling Peggy	8:45 - 10:00 Instructors Choice	
9 am		9:00 – 9:45 Y Cycling Margaret	9:00 – 9:30 30 Min Absolutely Maureen	9:00 – 9:45 Y Cycling Margaret		9:00 – 9:45 Y Cycling Peggy	
	9:00 – 10:00 Boot Camp Begins 8/4		9:00- 10:00 Boot Camp Begins 8/4		9:00-10:00 Boot Camp Begins 8/4		
	9:45 – 10:15 30 Min Absolutely Maureen	9:45 – 11:00 Body Sculpting Melissa	9:45 – 11:00 Step Aerobics I Melissa	9:45 – 11:00 Body Sculpting Melissa	9:45 – 10:15 30 Min Absolutely Maureen		
10 am	10:00 – 10:45 Y Cycling Laura	10:00 - 11:00 Flow Yoga Olga	10:00 – 10:45 Y Cycling Kari	10:00 - 11:00 Flow Yoga Olga			
	10:30 – 11:30 Water Aerobics Karen	10:30 – 11:30 Water Aerobics Jessica	10:30 – 11:30 Water Aerobics Maureen	10:30 – 11:30 Water Aerobics Jessica	10:30 – 11:30 Water Aerobics Karen	10:15 - 11:15 Latin Cardio Dance Gail	
	10:15 - 10:45 30 Min Pump it Up-Maureen				10:15 - 10:45 30 Min Pump it Up-Maureen	11:15-12:15 Adult Hip Hop (\$)	

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



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 am	11:30 – 12:15 SilverSneakers Cardio Circuit Maureen	11:30 – 12:25 SilverSneakers Muscular Strength and Range of Motion Melissa	11:00 – 12:00 Never Too Late Melissa	11:30 – 12:25 SilverSneakers Muscular Strength and Range of Motion Melissa	11:30 – 12:15 SilverSneakers Cardio Circuit Maureen		
	11:30 – 12:30 Power Yoga Olga	11:15 – 12:15 Flow Yoga Olga		11:15 – 12:15 Flow Yoga Olga			11:30-12:45 Line Dancing Gail
	11:30-12:30 Water Aerobics Karen		11:30-12:30 Water Aerobics Shirley		11:30-12:30 Water Aerobics Karen		
12 pm	12:15-1:00 Simple Shape Up Elizabeth	12:30 – 1:30 Senior Yoga Olga	12:15- 1:00 Simple Shape Up Elizabeth	12:30 – 1:30 Senior Yoga Olga			
1 pm							1:00-2:00 Zumba Bahiyah
4 pm	4:30-5:15 Beginner Tai Chi Cathy	4:00-5:00 Water Aerobics Karen (Aug. 22 nd)	4:30-5:15 Beginner Tai Chi Cathy	4:00-5:00 Water Aerobics Karen (Aug. 22 nd)	4:30-5:15 Beginner Tai Chi Cathy		
5 pm	5:30 - 6:30 Step Aerobics II Georgina	5:30 - 6:30 Pump It Up Bahiyah	5:00-6:00 Hip Hop Cycling for Teens Jessica		5:30 - 6:30 Step Aerobics II Georgina		
	5:30-6:00 Cycling Getting Started- Beginners Only Donna	5:30 - 6:30 Y Cycling Peggy	6:00-6:30 Teen Boot Camp(\$) Jessica				
			5:30 - 6:30 Step/Interval (alt) Georgina	5:30 – 6:30 Hi/Lo Aerobics Teresa	5:45 - 6:30 Y Cycling Laura		
6 pm	6:00 – 7:00 Boot Camp Begins 8/4	6:30-7:30 Simple Shape Up Elizabeth	6:00 – 7:00 Boot Camp Begins 8/4	6:00 – 6:45 Y Cycling Donna	6:35-7:35 Cardio Kickboxing Christopher		
	6:00 – 6:45 Y Cycling	6:45 - 7:45 Y Cycling	6:00 – 6:45 Y Cycling	6:30-7:30 Simple Shape Up			



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	Donna	Laura	Ruth	Elizabeth			
	6:30 – 7:30 Zumba Bahiyah		6:30 – 7:35 Pilates II Pat				
7 pm and 8 pm	7:00 – 7:30 30 Min Abs & Core-Chris	7:30 – 8:00 30 Min Abs & Core-Jacob	7:00 - 7:30 30 Min Pump it Up-Ruth	7:30 – 8:00 30 Min Abs & Core-Jacob			
		7:30-8:30 Aquatic Boot Camp(\$)-Christopher	7:30 – 8:00 30 Min Abs & Core-Ruth	7:30-8:30 Aquatic Boot Camp(\$)-Christopher			
	7:35 - 8:05 30 Min Pump it Up-Bahiyah	7:30 - 8:30 Belly Dancing Alexandra	7:35 - 8:35 Flow Yoga Paul	7:45-8:45 Ballet Lyrical (\$) Christine			
	7:35 - 8:35 Kundalini Yoga Olga	8:30 - 9:30 Int. Belly Dancing Alexandra					