



YMCA of the Suncoast-Greater Palm Harbor Branch July Group Exercise Schedule: Afternoon & Evening



	Blue Beginner	Purple Advanced	Yellow Active Older Adults	Green Kids Classes			
		BikeTag Req'd		New Class		New Time	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12pm	12:30-1:15 SilverSneakers YogaStretch George (ge)	12:35-1:30 Body Sculpt Miranda (ge)		12:35-1:30 Body Sculpt Miranda (ge)	12:30-1:15 SilverSneakers YogaStretch George (ge)	12:15-1:10 Zumba Christine (ge)	12:15-1:10 Advanced Ball Training George (ge)
		SilverSneakers Pot Luck Lunch Tues. July 28th 12:30 pm					1:15-2:10 Interval Train'g Ginny & Melissa (ge)
1pm		12:30-1:30 Teens Get Fit shawn (paid)		12:30-1:30 Teens Get Fit shawn (paid)		2:00-3:00 Country Line Dancing Ashley (ge)	July Country Line Dance Classes: July 11 & 25th
3pm		3:30-4:30 Teens Get Fit David (paid)	3:45-4:20 Lil Dragons (paid) Justin (ge)	3:30-4:30 Teens Get Fit David (paid)	3:30-4:15 Preschool Tumb'l'g Aimee (paid) (ge)		
4pm	4:00-4:45 Kids Karate (paid) Justin (ge)	4:00-4:40 Abs & Core II Melissa (ge)	4:30-5:15 Kids Karate (paid) Justin (ge)	4:00-4:40 Abs & Core II Mary (ge)			
5pm	5:00-5:25 Pump it Up Maryann (ge)	4:45-5:15 Yoga Mary (ge)		4:45-5:15 Yoga Mary (ge)	5:00-5:25 Step I Teresa (ge)		
	5:30-6:25 Low Impact Aerobics Cindy E.	5:30-6:25 Step II Mary (ge)	5:30-6:25 Cardio Combo Joyce (ge)	5:30-6:25 Step III Tanya (ge)	5:30-6:25 Fit Kids & Family Teresa & Deanna (ge)		
		5:30-6:30 Teens Get Fit Joyce (paid)		5:30-6:30 Teens Get Fit Joyce (paid)			
6pm	6:30-7:25 Kickboxing Teresa (ge)	6:30-7:25 Cycling I Shawn (ge)	6:30-7:25 Power Yoga Bianca (ge)	6:30-7:25 Body Sculpt Shawn (ge)	6:30-7:25 Boot Camp Friday George (paid) (ge)		
7pm	7:30-8:25 Cycle & Sculpt Shawn & Karen (ge)	7:30-8:25 Qi Gong Yoga Stretch George (ge)	7:30-8:25 Cycle & Sculpt Shawn (ge)	7:30-8:25 Qi Gong Yoga Stretch George (ge)			