



UPDATED GROUP EXERCISE SCHEDULE

FAMILY YMCA OF EMPORIA-GREENSVILLE

September 29 - December 31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 a.m.	6:00 a.m.	6:00 a.m.	6:00 a.m.	6:00 a.m.	
PILATES Brenda (1) B/I	BODY SCULPTING Shannon (1) B/I	PILATES Brenda (1) B	BODY SCULPTING Shannon (1) B/I	CYCLING Brenda (CYL) B/I	
8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.	
CARDIO EXPRESS Amy (1) B/I	INTERVAL TRAINING Amy (1) B/I	ZUMBA® Amy (1) B/I	UPPER BODY & CORE Amy (1) B/I	WEIGHT STEP Amy (1) B/I	
9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.
UPPER BODY & CORE Amy (1) B/I	FITBALL TONING Brenda (1) B/I	CARDIO SCULPT Amy (1) B/I	BARRE ABOVE® Amy (1) B/I	TOTAL BODY BLAST Amy (1) B/I	SEE BELOW
	9:00 a.m.		9:00 a.m.		
	YOGA SCULPT Amy (1) B/I		BODY SCULPTING Shannon (1) B/I		
10:00 a.m.	10:00 a.m.	10:00 a.m.	10:00 a.m.	10:00 a.m.	
SS CLASSIC Brenda (1) B	SS YOGA® Brenda (1) B	SS CLASSIC Brenda (1) B	BARRE CHAIR Amy (1) B	SS CLASSIC Shannon (1) B	
11:00 a.m.	11:00 a.m.	11:00 a.m.	11:00 a.m.	11:00 a.m.	
SS STABILITY® Brenda (1) B	LINE DANCING Martha (1) B	SS CIRCUIT Shannon (1) B	BEGINNER LINE DANCING Martha (1) B	SS CIRCUIT Shannon (1) B	
		4:15 p.m.			
		KID FIT Amanda (1) B			
5:30 p.m.	5:30 p.m.	5:30 p.m.	5:30 p.m.		
BODY SCULPTING Joy (1) B/I	INTRO TO CYCLING® Brenda (CYL) B	FITBALL TONING Brenda (1) B/I	CYCLING® Brenda (CYL) I/A		
5:30 p.m.	5:30 p.m.	5:30 p.m.	5:30 p.m.		
SPRINT 8™ Amanda (WELL) B/I	DANCE STEP Amanda (1) B/I/A	INTERVAL Joy (2) B	H I I T Shannon (1) I/A		
6:15 p.m.	6:15 p.m.	6:15 p.m.	6:15 p.m.		
YOGA Joy (1) B/I/A	CARDIO BOXING Amos (1) B/I/A	YOGA Joy (1) B/I/A	CARDIO BOXING Amos (1) B/I/A		

KEY: B = Beginner I = Intermediate A = Advanced
 (1) = Studio 1 (2) = Studio 2 (CYL) Cycling Studio (WELL) = Wellness

SATURDAY CLASSES

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
11 MELT® Joy	2 CARDIO BOXING Amos		4 CARDIO BOXING Amos
18 CARDIO SCULPT Amy	9 CARDIO BOXING Amos	6 DANCE STEP Amanda	11 DANCE STEP Amanda
25 CARDIO BOXING Amos	16 YOGA Joy	13 FITBALL TONING Brenda	18 CYCLING Brenda
	23 BARRE® Amy	20 NO CLASS	25 MERRY CHRISTMAS
	30 CARDIO BOXING Amos	27 BARRE® Amy	

Family YMCA of Emporia-Greenville, 212 Weaver Avenue, Emporia, VA 23847 434-348-9622