

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

The Villages at Carver Family YMCA

404-635-9622

vcy.ymcaatlanta.org

November

	TIME	CLASS	INSTRUCTOR	LOCATION
MON	5:45-6:45 AM	Boot Camp	Makeba	Studio
	9:00-10:00	★Water Aerobics	Eloise	Pool
	9:15-10:05	★Senior Fitness	Danielle	Activity Room 1
	5:00-5:30 PM	★ Abs Only	Monique	Studio
	5:35-6:25	★Body Sculpt	Monique	Studio
	6:15-7:15	Group Cycling	Jameelah	Activity Room 2
	6:30-7:20	Step Combo	Cedric	Studio
	7:30-8:30	★Yoga	Jameelah	Studio
TUE	5:45-6:45 AM	Step n Sculpt	Jameelah	Studio
	9:10-10:10	★ Cardio Combo	Jameelah	Studio
	10:15-11:15	★Senior Chair Aerobics	Danielle	Activity Room 1
	5:40-6:40 PM	★Body Sculpt	Jameelah	Studio
	6:30-7:30	Group Cycling	Makeba	Activity Room 2
	6:45-7:35	★ Cardio Funk	Altheia	Studio
	7:00-8:00	★Water Aerobics	Eloise	Pool
	7:35-8:25	★Fitness Pilates	Jameelah	Studio
WED	5:45-6:45 AM	Group Cycling	Makeba	Activity Room 2
	9:10-10:10	★ Cardio Combo	Monique	Studio
	10:15-11:15	★Senior Water Aerobics	Rae-Rae	Pool
	11:20-12:20	★Senior Fitness	Rae-Rae	Activity Room 1
	5:00-5:30 PM	★ Abs Only	Cedric	Studio
	5:35-6:25	Step	Cedric	Studio
	6:30-7:30	Cardio Kick	Tina	Studio
	6:35-7:35	Group Cycling	Makeba	Activity Room 2
7:35-8:30	★Body Sculpt	Jameelah	Studio	
THUR	9:10-10:10 AM	★ 20/20/20	Monique	Studio
	10:20-11:20	★Senior Chair Aerobics	Danielle	Activity Room 1
	5:00-5:30 PM	★ Abs Only	Jameelah & Staff	Studio
	5:40-6:40	★Body Sculpt	Jameelah	Studio
	6:45-7:35	★Salsa	Cynthia	Studio
	6:45-7:35	Group Cycling	Jameelah	Activity Room 2
	7:40-8:35	★Fitness Pilates	Jameelah	Studio
FRI	5:45-6:45 AM	Step n Sculpt	Jameelah	Studio
	9:00-10:00	★Arthritis Aerobics	Eloise	Pool
	6:00-7:00 PM	★Body Sculpt	Altheia	Studio
SAT	9:05-10:05 AM	Step Combo	Cedric	Studio
	10:00-11:00	Group Cycling	Darrell	Activity Room 2
	10:05-11:05	★Salsa	Cynthia	Studio
SUN	2:00-3:00 PM	★Water Aerobics	Altheia	Pool
	2:05-3:05	Step n Sculpt	Cedric	Studio
	3:05-4:30	Group Cycling	Jameelah	Activity Room 2

Any class with a ★ next to it is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH®

For additional information please contact Jameelah at 404-488-8507. Note: *Schedule and instructors may rotate without prior notice.*