



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BARREN COUNTY FAMILY YMCA
1 YMCA Way Glasgow, KY 42141
P: 270-651-9622 F: 270-651-4986

www.barrencountyyimca.org

Group Land Class Schedule

SUMMER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM-6:15AM Cycling Peggy		5:30AM-6:15AM Cycling Tara		5:30AM-6:15AM Cycling Jenn Tank		
6:45AM-7:45AM Gentle Yoga Peggy		6:45AM-7:45AM Active Yoga Peggy		6:45AM-7:45AM Gentle Yoga Peggy		
8:15AM-9:00AM	8:15AM-9:00AM	8:15AM-9:00AM	8:15AM-9:00AM	8:15AM-9:00AM	8:00AM-8:45AM	
	TRX Tina/Fallis	Weights & More Lindy	BOOTCAMP Fallis	Circuit Training Lindy	Zumba Nikki/Marla	
Cycling Mary P.	Cycling Jenny	Cycling Tina	Cycling Jenny/Tina	Cycling Jenny/Tina	Cycling Kerry/Leslie/Jen Tank	
9:15AM-10:00AM	9:15AM-10:00AM	9:15AM-10:15AM	9:15AM-10:00AM	9:15AM-10:00AM	9:00AM-10:00AM	
Hawaiian Step Lindy	Easy Stretch Terry	Enhanced Fitness Debbie	Easy Stretch Terry	Pilates & More Pamela	Yoga Mary	
10:15AM-11:05AM	10:15AM-11:05AM	9:15AM-10:00AM	10:15AM-11:05AM	10:15AM-11:05AM	10:00AM-10:45AM	
Silver Sneakers Yoga Terry	Silver Sneakers Donita	Pilates Mary E.	Silver Sneakers Donita	Prime Time Sculpt Donita	Barbell & Kettlebells Jason	
Prime Time Sculpt Donita		10:15AM-11:15AM Restorative Yoga Mary E.		11:00AM-12:00PM Enhanced Fitness Debbie	11:00AM-11:45AM **TRX** Jason	3:30PM-4:30PM Zumba Nikki/Marla
11:00AM-12:00PM	4:30PM-5:15PM	10:15AM-11:15AM Easy Stretch Terry	4:30PM-5:30PM			
Enhanced Fitness Debbie	Strength Training w/Weights Jason	4:30PM-5:15PM Total Body Workout Sherri	Yoga Mary E.			
5:30PM-6:30PM	5:30PM-6:30PM	5:30PM-6:30PM	5:00PM-5:45PM			
Insanity Jason	Zumba Nikki/Marla	Insanity	Cycling Treva			
5:15PM-6:00PM	5:30PM-6:15PM	5:30PM-6:15PM	5:40PM-6:40PM	5:30PM-6:30PM		
Cycling Leslie	Cycling Jessica	Cycling Ladonna	Step It Up Fallis	Zumba Cassandra		
6:30PM-7:30PM	6:30PM-7:30PM	6:30PM-7:30PM				
Zumba Nikki	Amazing Abs Jason	Zumba Marla				

****Participants must sign up for the TRX classes in order to participate. Only 12 participants at a time. Please sign up on the day of class, at the Welcome Center. ****