



GROUP EXERCISE SCHEDULE - BHP BILLITON YMCA

Updated 11.27.17

* Reserve Your Spot for Spin & TRX classes at the front desk.

MONDAY

TUESDAY

WEDNESDAY

	Time	Class	Instructor	Location		Time	Class	Instructor	Location		Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit 101	John	CrossFit	MORNING	5:30AM	CrossFit 101	John	CrossFit	MORNING	5:30AM	CrossFit 101	John	CrossFit
	5:45AM	Spin*	Kristi	Spin Studio*		5:45AM	Boot Camp	Alex	Gym		5:45AM	Spin*	Tina	Spin Studio*
	7:30AM	CrossFit	John	CrossFit		6:15AM	Yoga Flow	Sarah S.	Studio 1		7:30AM	CrossFit	John	CrossFit
	8:15AM	Spin*	Lindy	Spin Studio*		7:30AM	CrossFit	John	CrossFit		8:15AM	Spin*	Karen	Spin Studio*
	8:15AM	Cardio	Carly	Studio 1		8:15AM	Spin Chicks*	Margaret	Spin Studio*		8:15AM	Cardio	Liz	Studio 1
	8:15AM	TRX*	Sharon	Studio 2		8:15AM	Power Sculpt	Misty	Studio 1		8:15AM	TRX*	Sharon	Studio 2
	8:15AM	Water Aerobics	Charlotte	Family Pool		8:15AM	TRX*	Sharon	Studio 2		8:15AM	Water Aerobics	Bob L.	Family Pool
	9:15AM	Staying Fit	Misty	Studio 1		9:15AM	Pilates	Renee	Gym		9:15AM	Staying Fit	Sharon	Studio 1
	9:15AM	Yoga II	Margaret	Studio 2		9:15AM	PiYo	Amanda	Studio 1		9:15AM	Yoga II	Margaret	Studio 2
	10:15AM	Mommy & Me Yoga	Quinn	Studio 2		10:15AM	Hooping	Laurel	Gym		10:15AM	Mommy & Me Yoga	Stefanie	Studio 2
	10:30AM	Tai Chi	Barry	Studio 1		10:15AM	Restorative Pilates	Renee	Studio 1		10:30AM	Tai Chi	Barry	Studio 1
						10:15AM	Aqua Fit	Sharon	Family Pool					
						10:30AM	Chair Yoga	Mary	Studio 2					
NOON	12:00PM	Yoga Level I/II	Tina	Studio 2	NOON	12:00PM	Spin*	Charlotte	Spin Studio*	NOON	12:00PM	Yoga Level I/II	Tina	Studio 2
	12:00PM	HIIT Express	Alex	Gym		12:00PM	CrossFit	Alex	CrossFit		12:00PM	HIIT Express	Ren	Gym
	12:00PM	Kid Fit	Charlotte/Miles	Lobby							12:00PM	CrossFit	Nora	CrossFit
	12:00PM	CrossFit	Becky	CrossFit							12:30PM	Abs	Ren	Gym
	12:30PM	Abs	Alex	Gym										
EVENING	4:15PM	Spin*	Melissa	Spin Studio*	EVENING	4:15PM	Barre	Liz	Studio 1	EVENING	4:15PM	Spin*	Sandy	Spin Studio*
	4:15PM	Cardio	Rick	Studio 1		4:15PM	Hip Hop Kidz	Fernando	Studio 2		4:15PM	Cardio	Misty	Studio 1
	4:15PM	Kids Yoga	Liz	Studio 2		4:30PM	CrossFit	Alex	CrossFit		4:15PM	Kids Yoga	Jamie	Studio 2
	4:30 PM	Water Aerobics	Sharon	Family Pool		5:15PM	TRX* Strength	Paige	Studio 2		4:30 PM	Water Aerobics	Sharon	Family Pool
	4:30PM	CrossFit	Lori	CrossFit		5:30PM	Sculpt	Farrah	Studio 1		4:30PM	CrossFit	Alex	CrossFit
	5:30PM	Pilates	Sheri	Gym		5:30PM	HIIT	Sarah	Gym		5:30 PM	Pilates	Sheri	Gym
	5:30PM	Outdoor Boot Camp	Darnell	Studio 1		5:30 PM	Water Aerobics	Dwayne	Family Pool		5:30PM	Outdoor Boot Camp	Megann	Studio 1
	5:30PM	PiYo	Misty	Studio 2		5:30PM	Kid Fit	Miles/Corin Michaela	Lobby		5:30PM	PiYo	Chessi	Studio 2
	5:30PM	Water Aerobics	Tatianna	Family Pool		5:30PM	Kid & Adult Weightlifting	John	CrossFit		5:30PM	Water Aerobics	Tatianna	Family Pool
	5:30PM	Spin*	Sarah S.	Spin Studio*		6:00PM	Spin*	Sandy	Spin Studio*		5:30PM	Spin*	Bob E.	Spin Studio*
	5:30PM	CrossFit	Lori	CrossFit		6:05PM	Yoga I	Francine	Studio 2		5:30PM	CrossFit	Alex	CrossFit
	5:30PM	Kid Fit	Ren/Charlotte/Miles	Lobby		6:30PM	CrossFit 101/On-Ramp	Rotation	CrossFit		5:30PM	Kid Fit	Ren/Miles/Corin	Lobby
	6:00PM	Core on the Board	Amy	Natorium		6:30PM	Adult Hip Hop	Fernando	Studio 1		6:00PM	Core on the Board	Amy	Natorium
	6:00PM	Yoga I/II	Sabina	Studio 1							6:00PM	Yoga I/II	Sabina	Studio 1
	6:30PM	CrossFit 101/On-Ramp	Rotation	CrossFit							6:30PM	CrossFit 101/On-Ramp	Rotation	CrossFit
								6:30PM	Cycle Jams	Rick	Spin Studio*			

SCHEDULE CONTINUED ON OTHER SIDE



GROUP EXERCISE SCHEDULE - BHP BILLITON YMCA

Updated 11.27.17

* Reserve Your Spot for Spin & TRX classes at the front desk.

THURSDAY

FRIDAY

SATURDAY

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	John	CrossFit
	5:45AM	Boot Camp	Alex	Gym
	6:15AM	Yoga I/II	Francine	Studio 1
	7:30AM	CrossFit	John	CrossFit
	8:15AM	Spin Chicks*	Margaret	Spin Studio*
	8:15AM	Sculpt	Tina	Studio 1
	8:15AM	TRX*	Sharon	Studio 2
	9:15AM	Pilates	Renee	Gym
	9:15AM	PiYo	Misty	Studio 1
	10:00	Mommy and Me Water	Sharon	Family Pool
10:15AM	Restorative Pilates	Sheri	Studio 1	
10:15AM	Aqua Fit	Charlotte	Family Pool	
10:30AM	Chair Yoga	Hollie	Studio 2	

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	John	CrossFit
	5:45AM	Spin*	Kristi	Spin Studio*
	6:00AM	Intro to Vinyasa Yoga	Ken	Studio 1
	7:30AM	CrossFit	John	CrossFit
	8:15 AM	TRX	Sharon	Studio 2
	8:15AM	Spin*	Melissa	Spin Studio*
	8:15AM	Cardio	Claire	Studio 1
	8:15AM	Water Aerobics	Mary	Family Pool
	9:15AM	Staying Fit	Melissa	Studio 1
	9:15AM	Restorative Yoga	Mary	Studio 2

	Time	Class	Instructor	Location
MORNING	7:15AM	Yoga I/II	Sabina	Studio 2
	7:30AM	Spin*	Clay	Spin Studio*
	8:15AM	Core, Back, & Balance	Francine	Studio 1
	8:30AM	Spin*	Bob/Sarah	Spin Studio*
	8:30AM	TRX*	Tina	Studio 2
	9:00AM	Closed Practice	Swim Team	Crossfit
	9:15AM	Pilates	Sheri	Gym
	9:20 AM	Pound	Sherricka	Studio 2
	9:30AM	Zumba	Tiffany	Studio 1
	9:30AM	Paddle Board Yoga*	Sarah S.	Natatorium
	10:00AM	CrossFit	Rotation	CrossFit
	10:15 AM	Chair Yoga	Lori	Studio 2
	11:00AM	CrossFit	Rotation	CrossFit
	12:00PM	Kid & Adult Weightlifting	John	CrossFit

	Time	Class	Instructor	Location
NOON	12:00PM	Spin*	Melissa	Spin Studio*
	12:00PM	CrossFit	Alex	CrossFit

	Time	Class	Instructor	Location
NOON	12:00PM	Yoga Level I/II	Hollie	Studio 1
	12:00PM	HIIT Express	Ren	Gym
	12:00PM	CrossFit	Nora	CrossFit
	12:30PM	Abs	Ren	Gym

SUNDAY

	Time	Class	Instructor	Location
EVENING	4:15PM	Barre	Liz	Studio 1
	4:15PM	Hip Hop Kidz	Fernando	Studio 2
	4:30PM	CrossFit	John	CrossFit
	5:00PM	Adult Hip Hop	Fernando	Studio 2
	5:00PM	Water Aerobics	Dwayne	Family Pool
	5:15PM	TRX* Cardio	Darnell	Studio 2
	5:30PM	Sculpt	Melissa	Studio 1
	5:30PM	HIIT	Alex	Gym
	5:30PM	Kid Fit	Maycee/Miles Charlotte	Lobby
	5:30PM	Kid & Adult Weightlifting	John	CrossFit
	6:00PM	Spin*	Jamie	Spin Studio*
	6:05PM	Yoga I	Amanda/Sheila	Studio 2
	6:30PM	CrossFit 101/ On-Ramp	Rotation	CrossFit
	6:30PM	Adult Hip Hop	Fernando	Studio 1

	Time	Class	Instructor	Location
EVENING	4:15PM	Spin*	Charlotte	Spin Studio*
	4:30PM	CrossFit	Lori	CrossFit
	5:30PM	CrossFit	Lori	CrossFit
	6:30PM	CrossFit 101/ On-Ramp	Rotation	CrossFit

	Time	Class	Instructor	Location
NOON	3:00PM	Yoga I/II	Francine / Ken	Studio 1