



Davis-Scott Family YMCA
January 22nd - January 28th

1213 Iowa
San Antonio, TX 78203
210-532-0932

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
7am	Water Aerobics Pool Sherene L 7am - 8am		Water Aerobics Group Exercise Studio Julius H 7am - 8am				
8am	Aqua Fit Pool Katlyn P 8am - 9am	Aqua Fit Pool Julius H 8am - 9am	Aqua Fit Pool Katlyn P 8am - 9am	Aqua Fit Pool Sherene L 8am - 9am			Aqua Fit Pool Sherene L 8am - 9am
9am	SilverSneakers® CLASSIC Group Exercise Studio Sherene L 9am - 10am	Water Volleyball Pool Wellness Coach 9am - 10am	Water Aerobics Pool Julius H 9am - 9:45am	Senior Dance Group Exercise Studio Julius H 9am - 10am			Water Aerobics Pool Julius H 9am - 9:45am
	Aqua Fit Pool Katlyn P 9am - 10am	Senior Dance Group Exercise Studio Julius H 9am - 10am	Chair Yoga Group Exercise Studio Charlie L 9am - 9:45am	Water Volleyball Pool Wellness Coach 9am - 10am			ZUMBA™GOLD Group Exercise Studio Valerie A 9:30am - 10:30am
10am	Senior Circuit Group Exercise Studio Julius H 10am - 11am		ZUMBA™GOLD Group Exercise Studio Valerie A 10am - 11am	Senior Circuit Group Exercise Studio Julius H 10am - 11am			Line Dance Group Exercise Studio Karen G 10:30am - 11:30am
11am					ZUMBA™ Group Exercise Studio Cristian T 11am - 12pm		
5pm	Hip Hop Group Exercise Studio Julius H 5:30pm - 6:30pm	SPINdurance Group Exercise Studio Doris S 5:30pm - 6:30pm	Yoga Group Exercise Studio Monica S 5:30pm - 6:30pm	LES MILLS™ SPRINT Group Exercise Studio Angela H 5:30pm - 6:30pm			Total Body Conditioning Group Exercise Studio Dana D 5:30pm - 6:30pm
6pm	ZUMBA™ Group Exercise Studio Eddie R 6:30pm - 7:30pm	Kids Fit Child Watch Marline O 6:30pm - 7:30pm	Water Aerobics Pool Jeanie A 6pm - 7pm	Zumba Fitness Fridays Group Exercise Studio Eddie R 6:30pm - 8pm			Aqua Aerobics Pool Mary Helen J 6pm - 7pm
	Kids Fit Child Watch Marline O 6:30pm - 7:30pm	ZUMBA™ Group Exercise Studio Lauren P 6:30pm - 7:30pm	Kids Fit Child Watch Marline O 6:30pm - 7:30pm				Kids Fit Child Watch Marline O 6:30pm - 7:30pm
	Aqua Zumba Pool Cristian T 6:45pm - 7:30pm	Aqua Zumba Pool Sally G 6:30pm - 7:30pm	LES MILLS™ BODYCOMBAT Group Exercise Studio Jaclyn T 6:30pm - 7:30pm				LES MILLS™ BODYCOMBAT Group Exercise Studio Sara C 6:30pm - 7:30pm
7pm	Boot Camp Group Exercise Studio Julius H 7:30pm - 8:30pm		Boot Camp Group Exercise Studio Julius H 7:30pm - 8:30pm				Boot Camp Group Exercise Studio Julius H 7:30pm - 8:30pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.