



Hernando County Family YMCA  
January 22nd - January 28th

1300 Mariner Blvd  
Spring Hill, FL 34609  
(352) 688-9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	<b>Lap Swim - 6 lanes</b> Pool 5:30am - 8:30am	<b>Lap Swim - 6 lanes</b> Pool 5:30am - 8:30am	<b>Lap Swim - 6 lanes</b> Pool 5:30am - 8:30am	<b>Water Walking</b> Pool 5:30am - 10am			<b>Lap Swim - 6 lanes</b> Pool 5:30am - 8:30am
	<b>Water Walking</b> Pool 5:30am - 10am	<b>Family Swim</b> Pool 5:30am - 5pm	<b>Water Walking</b> Pool 5:30am - 10am	<b>Lap Swim - 6 lanes</b> Pool 5:30am - 8:30am			<b>Family Swim</b> Pool 5:30am - 5pm
	<b>Family Swim</b> Pool 5:30am - 5pm	<b>Water Walking</b> Pool 5:30am - 10am	<b>Family Swim</b> Pool 5:30am - 5pm	<b>Family Swim</b> Pool 5:30am - 9:30pm			<b>Water Walking</b> Pool 5:30am - 10am
	<b>Cycling and Strength</b> Cycling Room Deanne M 5:45am - 6:30am	<b>Boot Camp</b> Basketball Court - Outdoor Deanne M 5:45am - 6:45am	<b>Cycling and Strength</b> Cycling Room Deanne M 5:45am - 6:30am	<b>Boot Camp</b> Basketball Court - Outdoor Danny L 5:45am - 6:45am			<b>Cycling</b> Cycling Room Terrie B 5:45am - 6:30am
	<b>Yoga</b> Multi-Purpose Room 2 Allison C 5:45am - 6:40am	<b>Cycling</b> Cycling Room Terrie B 5:45am - 6:30am	<b>Yoga</b> Multi-Purpose Room 2 Allison C 5:45am - 6:40am	<b>Cycling</b> Cycling Room Terrie B 5:45am - 6:30am			<b>Boot Camp</b> Basketball Court - Outdoor Deanne M 5:45am - 6:45am
6am	<b>BODYPUMP®</b> Multi-Purpose Room 1 Stacey G 6:45am - 7:45am		<b>BODYPUMP®</b> Multi-Purpose Room 1 Stacey G 6:45am - 7:45am	<b>Core</b> Multi-Purpose Room 2 Terrie B 6:30am - 7am			<b>Core</b> Multi-Purpose Room 2 Terrie B 6:30am - 7am
7am					<b>Lap Swim - 6 lanes</b> Pool 7am - 8am		
					<b>Family Swim</b> Pool 7am - 8am		
					<b>Cycling</b> Cycling Room Terrie B 7:15am - 8am		
					<b>Tai Chi</b> Multi-Purpose Room 2 Rocco O 7:45am - 8:45am		
8am	<b>Lap Swim - 4 lanes</b> Pool 8:30am - 11am	<b>Lap Swim - 4 lanes</b> Pool 8:30am - 12pm	<b>Lap Swim - 4 lanes</b> Pool 8:30am - 11am	<b>Zumba® Gold</b> Multi-Purpose Room 2 Barry L 8:30am - 9:30am	<b>Swim Lessons</b> Pool 8am - 12pm		<b>Kettlebell</b> Multi-Purpose Room 1 Nelson S 8:30am - 9am
	<b>Water Exercise</b> Pool Debbie K 8:45am - 9:30am	<b>Kettlebell</b> Multi-Purpose Room 1 Colleen H 8:30am - 9am	<b>BODYCOMBAT®</b> Multi-Purpose Room 1 Monica K 8:45am - 9:45am	<b>Kettlebell</b> Multi-Purpose Room 1 Nelson S 8:30am - 9am	<b>Boot Camp</b> Basketball Court - Outdoor Tracy R 8am - 8:45am		<b>Lap Swim - 4 lanes</b> Pool 8:30am - 12pm
	<b>BODYCOMBAT®</b> Multi-Purpose Room 1 Norm D 8:45am - 9:45am	<b>Water Exercise</b> Pool Sara G 8:45am - 9:30am	<b>Water Exercise</b> Pool Sara G 8:45am - 9:30am	<b>Lap Swim - 4 lanes</b> Pool 8:30am - 12pm	<b>Lap Swim - 4 lanes</b> Pool 8am - 12pm		<b>Water Exercise</b> Pool Debbie K 8:45am - 9:30am

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.



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9am				<b>Water Exercise</b> Pool Barbara G 8:45am - 9:30am	<b>Strength and Resistance</b> Multi-Purpose Room 1 Terrie B 8:10am - 9:10am		
					<b>Water Exercise</b> Pool Tara T 8:30am - 9:30am		
	<b>Cycling</b> Cycling Room Deanne M 9:30am - 10:15am	<b>SilverSneakers® Cardio Fit</b> Multi-Purpose Room 1 Cheryl H 9am - 10am	<b>Cycling</b> Cycling Room Deanne M 9:30am - 10:15am	<b>Cycling</b> Cycling Room Deanne M 9am - 9:30am	<b>Yoga</b> Multi-Purpose Room 2 Class Rotation 9am - 10am		<b>Cycling</b> Cycling Room Barry L 9am - 9:30am
	<b>SilverSplash</b> Pool Debbie K 9:45am - 10:30am	<b>Cycling</b> Cycling Room Deanne M 9am - 9:30am	<b>Water Exercise</b> Pool Sara G 9:45am - 10:30am	<b>BODYPUMP®</b> Multi-Purpose Room 1 Class Rotation 9:10am - 10:10am	<b>Zumba®</b> Multi-Purpose Room 1 Class Rotation 9:15am - 10:15am		<b>BODYPUMP®</b> Multi-Purpose Room 1 Colleen H 9:10am - 9:40am
		<b>BODYPUMP®</b> Multi-Purpose Room 1 Phyllis J 9:10am - 10:10am		<b>Boot Camp</b> Basketball Court - Outdoor Tracy R 9:15am - 10am	<b>Cycling</b> Cycling Room Class Rotation 9:15am - 10am		<b>Yoga</b> Multi-Purpose Room 2 Class Rotation 9:15am - 10:30am
		<b>Boot Camp</b> Basketball Court - Outdoor Tracy R 9:15am - 10am		<b>Zumba® Toning</b> Multi-Purpose Room 2 Barry L 9:45am - 10:30am			<b>Boot Camp</b> Basketball Court - Outdoor Deanne M 9:15am - 10am
		<b>Water Exercise</b> Pool Sara G 9:45am - 10:30am		<b>Water Exercise</b> Pool Barbara G 9:45am - 10:30am			<b>Zumba® Toning</b> Multi-Purpose Room 1 Barry L 9:45am - 10:30am
							<b>Water Exercise</b> Pool Debbie K 9:45am - 10:30am
10am	<b>Zumba®</b> Multi-Purpose Room 1 Barry L 10am - 11am	<b>HIIT</b> Multi-Purpose Room 2 Tracy R 10:15am - 11am	<b>Zumba®</b> Multi-Purpose Room 1 Dana S 10am - 11am	<b>SPRINT®</b> Cycling Room Colleen H 10:30am - 11am	<b>Kid Cardio</b> Multi-Purpose Room 2 Tracy R 10:15am - 11:15am		<b>Cycling</b> Cycling Room Deanne M 10:15am - 11am
	<b>Meditation</b> Multi-Purpose Room 2 Ashlee S 10am - 10:30am	<b>Cycling</b> Cycling Room Phyllis J 10:15am - 11am	<b>BODYFLOW®</b> Multi-Purpose Room 2 Monica K 10am - 10:30am	<b>SilverSneakers® Circuit</b> Multi-Purpose Room 2 Debbie K 10:45am - 11:45am	<b>BODYCOMBAT®</b> Multi-Purpose Room 1 Class Rotation 10:30am - 11:30am		<b>Strength and Resistance</b> Multi-Purpose Room 1 Barry L 10:40am - 11:40am
	<b>Cycling</b> Cycling Room Deanne M 10:30am - 11:15am	<b>Cardio Lite</b> Multi-Purpose Room 1 Dana S 10:15am - 11am	<b>Cycling</b> Cycling Room Deanne M 10:30am - 11:15am	<b>Yoga</b> Multi-Purpose Room 1 Barbara G 10:45am - 11:45am	<b>Family Swim</b> Pool 10:30am - 5:30pm		<b>Deep Water Exercise</b> Pool Connie L 10:45am - 11:30am
	<b>Yoga</b> Multi-Purpose Room 2 Ashlee S 10:45am - 11:45am	<b>Water Exercise</b> Pool Connie L 10:45am - 11:30am	<b>Yoga</b> Multi-Purpose Room 2 Ashlee S 10:45am - 11:45am	<b>Water Exercise</b> Pool Connie L 10:45am - 11:30am			<b>SilverSneakers® Circuit</b> Multi-Purpose Room 2 Donna B 10:45am - 11:45am

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	<b>Deep Water Exercise</b> Pool Connie L 10:45am - 11:30am		<b>Water Exercise</b> Pool Connie L 10:45am - 11:30am				
<b>11am</b>	<b>Strong by Zumba®</b> Multi-Purpose Room 1 Dana S 11am - 12pm	<b>Family Play Group</b> Multi-Purpose Room 2 Pam R 11:15am - 12pm	<b>Strong by Zumba®</b> Multi-Purpose Room 1 Dana S 11am - 12pm	<b>Water Exercise</b> Pool Connie L 11:45am - 12:30pm			<b>Water Exercise</b> Pool Connie L 11:45am - 12:30pm
	<b>Lap Swim - 5 lanes</b> Pool 11am - 4pm	<b>Water Exercise</b> Pool Connie L 11:45am - 12:30pm	<b>Lap Swim - 5 lanes</b> Pool 11am - 4pm				
<b>12pm</b>	<b>SilverSneakers® Classic</b> Multi-Purpose Room 2 Class Rotation 12pm - 1pm	<b>Lap Swim - 5 lanes</b> Pool 12pm - 4pm	<b>SilverSneakers® Classic</b> Multi-Purpose Room 2 Donna B 12pm - 1pm	<b>Cardio Dance</b> Multi-Purpose Room 1 Class Rotation 12pm - 12:45pm	<b>Lap Swim - 5 lanes</b> Pool 12pm - 5:30pm	<b>Water Walking</b> Pool 12pm - 5:30pm	<b>Cardio Dance</b> Multi-Purpose Room 1 Class Rotation 12pm - 12:45pm
	<b>Belly Dancing</b> Multi-Purpose Room 1 Jayne A 12:15pm - 1:15pm	<b>Strength Lite</b> Multi-Purpose Room 2 Tracy R 12:10pm - 1:10pm		<b>SilverSneakers® Classic</b> Multi-Purpose Room 2 Debbie K 12pm - 1pm		<b>Lap Swim - 5 lanes</b> Pool 12pm - 5:30pm	<b>SilverSneakers® Classic</b> Multi-Purpose Room 2 Donna B 12pm - 1pm
				<b>Lap Swim - 5 lanes</b> Pool 12pm - 4pm		<b>Family Swim</b> Pool 12pm - 5:30pm	<b>Lap Swim - 5 lanes</b> Pool 12pm - 4pm
						<b>Cycling</b> Cycling Room Class Rotation 12:15pm - 1pm	
<b>1pm</b>	<b>SilverSneakers® Yoga</b> Multi-Purpose Room 2 Class Rotation 1:10pm - 2:10pm		<b>SilverSneakers® Yoga</b> Multi-Purpose Room 2 Donna B 1:10pm - 2:10pm			<b>Strength and Resistance</b> Multi-Purpose Room 1 Class Rotation 1:15pm - 2:15pm	
	<b>Belly Dancing</b> Multi-Purpose Room 1 Jayne A 1:15pm - 2pm						
<b>2pm</b>		<b>Ballroom Dance</b> Multi-Purpose Room 2 Barbara N 2pm - 3pm				<b>BodyFlow/Power Yoga</b> Multi-Purpose Room 1 Class Rotation 2:30pm - 3:30pm	
<b>4pm</b>	<b>Lap Swim - 2 lanes</b> Pool 4pm - 6pm	<b>Chi Kung</b> Multi-Purpose Room 1 Jayne A 4pm - 5pm	<b>Lap Swim - 2 lanes</b> Pool 4pm - 6pm	<b>PYP Swim Team</b> Pool 4pm - 7pm			<b>PYP Swim Team</b> Pool 4pm - 7pm
	<b>Tai Chi</b> Multi-Purpose Room 1 Rocco O 4pm - 4:50pm	<b>Lap Swim - 2 lanes</b> Pool 4pm - 6pm	<b>PYP Swim Team</b> Pool 4pm - 7pm	<b>Lap Swim - 2 lanes</b> Pool 4pm - 7pm			<b>Lap Swim - 2 lanes</b> Pool 4pm - 6pm

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5pm	<b>PYP Swim Team</b> Pool 4pm - 7pm	<b>PYP Swim Team</b> Pool 4pm - 7pm					<b>Strength and Resistance</b> Multi-Purpose Room 1 Nelson S 4:30pm - 5:30pm	
		<b>H.I.I.T.</b> Multi-Purpose Room 2 Tracy R 4:30pm - 5pm						
	<b>Kettlebell</b> Multi-Purpose Room 1 Tracy R 5pm - 5:30pm	<b>Swim Lessons</b> Pool 5pm - 8pm	<b>Kettlebell</b> Multi-Purpose Room 1 Nelson S 5pm - 5:30pm	<b>BODYCOMBAT®</b> Multi-Purpose Room 1 Class Rotation 5:30pm - 6:30pm				<b>Swim Lessons</b> Pool 5pm - 8pm
	<b>Swim Lessons</b> Pool 5pm - 8pm	<b>Pilates</b> Multi-Purpose Room 2 Terrie B 5:30pm - 6:15pm	<b>Swim Lessons</b> Pool 5pm - 8pm					<b>BODYCOMBAT®</b> Multi-Purpose Room 1 Shaun F 5:30pm - 6:30pm
	<b>Kid Cardio</b> Multi-Purpose Room 2 Tracy R 5:30pm - 6:30pm	<b>BODYCOMBAT®</b> Multi-Purpose Room 1 Monica K 5:30pm - 6:30pm	<b>Kid Cardio</b> Multi-Purpose Room 2 Tracy R 5:30pm - 6:30pm					<b>Pilates</b> Multi-Purpose Room 2 Terrie B 5:30pm - 6:15pm
	<b>SPRINT®</b> Cycling Room Monica K 5:45pm - 6:15pm	<b>Cycling</b> Cycling Room Katie S 5:45pm - 6:30pm	<b>SPRINT®</b> Cycling Room Nancy C 5:45pm - 6:15pm					<b>Cycling</b> Cycling Room Katie S 5:45pm - 6:30pm
6pm	<b>BODYPUMP®</b> Multi-Purpose Room 1 Terrie B 5:45pm - 6:45pm		<b>BODYPUMP®</b> Multi-Purpose Room 1 Terrie B 5:45pm - 6:45pm					
	<b>Lap Swim - 1 lane</b> Pool 6pm - 7pm	<b>Lap Swim - 1 lane</b> Pool 6pm - 7pm	<b>Lap Swim - 1 lane</b> Pool 6pm - 7pm				<b>Boot Camp</b> Basketball Court - Outdoor Franklin L 6pm - 6:45pm	
	<b>Cycling</b> Cycling Room Monica K 6:30pm - 7pm	<b>Boot Camp</b> Basketball Court - Outdoor Nelson S 6pm - 6:45pm	<b>Cycling</b> Cycling Room Nancy C 6:30pm - 7pm					<b>Lap Swim - 1 lane</b> Pool 6pm - 7pm
		<b>Power Yoga</b> Multi-Purpose Room 2 Tracy R 6:30pm - 7:45pm						<b>Yoga</b> Multi-Purpose Room 2 Nelson S 6:30pm - 7:45pm
		<b>KidFit</b> Basketball Court - Outdoor Zaylon B 6:30pm - 7:15pm						<b>KidFit</b> Basketball Court - Outdoor Tracy R 6:30pm - 7:15pm
		<b>Zumba®</b> Multi-Purpose Room 1 Monica M 6:45pm - 7:45pm						<b>Zumba®</b> Multi-Purpose Room 1 Stacey G 6:45pm - 7:45pm

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							<b>Cycling</b> Cycling Room Terrie B 6:45pm - 7:15pm
<b>7pm</b>	<b>Zumba®</b> Multi-Purpose Room 1 Monica M 7pm - 8pm	<b>Lap Swim - 4 lanes</b> Pool 7pm - 8pm	<b>Family Swim</b> Pool 7pm - 9:30pm	<b>Lap Swim - 6 lanes</b> Pool 7pm - 9:30pm			<b>Lap Swim - 4 lanes</b> Pool 7pm - 8pm
	<b>Family Swim</b> Pool 7pm - 9:30pm	<b>Family Swim</b> Pool 7pm - 9:30pm	<b>Lap Swim - 3 lanes</b> Pool 7pm - 8pm				<b>Family Swim</b> Pool 7pm - 9:30pm
	<b>SCUBA</b> Pool 7pm - 9pm		<b>SCUBA</b> Pool 7pm - 9pm				
	<b>Lap Swim - 3 lanes</b> Pool 7pm - 8pm		<b>BODYFLOW®</b> Multi-Purpose Room 1 Monica K 7pm - 8pm				
<b>8pm</b>	<b>Lap Swim - 5 lanes</b> Pool 8pm - 9:30pm	<b>Lap Swim - 6 lanes</b> Pool 8pm - 9:30pm	<b>Lap Swim - 5 lanes</b> Pool 8pm - 9:30pm				<b>Lap Swim - 6 lanes</b> Pool 8pm - 9:30pm

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