



Hernando County Family YMCA

December 15th - December 21st

1300 Mariner Blvd

Spring Hill, FL 34609

(352) 688-9622

	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
5am		Family Swim Pool 5:30am - 5pm	Lap Swim - 6 lanes Pool 5:30am - 8:30am	Water Walking Pool 5:30am - 10am	Lap Swim - 6 lanes Pool 5:30am - 8:30am	Lap Swim - 6 lanes Pool 5:30am - 8:30am	
		Lap Swim - 6 lanes Pool 5:30am - 8:30am	Family Swim Pool 5:30am - 5pm	Lap Swim - 6 lanes Pool 5:30am - 8:30am	Family Swim Pool 5:30am - 5pm	Water Walking Pool 5:30am - 10am	
		Water Walking Pool 5:30am - 10am	Water Walking Pool 5:30am - 10am	Family Swim Pool 5:30am - 5pm	Water Walking Pool 5:30am - 10am	Boot Camp Basketball Court - Outdoor Danny L 5:45am - 6:45am	
		Cycling Cycling Room Terrie B 5:45am - 6:30am	Yoga Multi-Purpose Room 2 Allison C 5:45am - 6:40am	Boot Camp Basketball Court - Outdoor Deanne M 5:45am - 6:45am	Yoga Multi-Purpose Room 2 Allison C 5:45am - 6:40am	Cycling Cycling Room Terrie B 5:45am - 6:30am	
		Boot Camp Basketball Court - Outdoor Deanne M 5:45am - 6:45am	Cycling and Strength Cycling Room Deanne M 5:45am - 6:30am	Cycling Cycling Room Terrie B 5:45am - 6:30am	Cycling and Strength Cycling Room Deanne M 5:45am - 6:30am		
6am		Core Multi-Purpose Room 2 Terrie B 6:30am - 7am	BODYPUMP® Multi-Purpose Room 1 Stacey G 6:30am - 7:30am		BODYPUMP® Multi-Purpose Room 1 Stacey G 6:30am - 7:30am	Core Multi-Purpose Room 2 Terrie B 6:30am - 7am	
7am							Family Swim Pool 7am - 8am
							Lap Swim - 6 lanes Pool 7am - 8am
							Cycling Cycling Room Class Rotation 7:15am - 8am
							Tai Chi Multi-Purpose Room 2 Rocco O 7:45am - 8:45am
8am		RIPPED Multi-Purpose Room 2 Shelly W 8am - 9am	Pilates Multi-Purpose Room 2 Terrie B 8am - 9am	RIPPED Multi-Purpose Room 2 Shelly W 8am - 9am	Pilates Multi-Purpose Room 2 Terrie B 8am - 9am	Zumba® Gold Multi-Purpose Room 2 Barry L 8:30am - 9:30am	Boot Camp Basketball Court - Outdoor Tracy R 8am - 8:45am
		Kettlebell Multi-Purpose Room 1 Nelson S 8:30am - 9am	Lap Swim - 4 lanes Pool 8:30am - 11am	Kettlebell Multi-Purpose Room 1 Colleen H 8:30am - 9am	Lap Swim - 4 lanes Pool 8:30am - 11am	Kettlebell Multi-Purpose Room 1 Nelson S 8:30am - 9am	Swim Lessons Pool 8am - 12pm
		Water Exercise Pool Debbie K 8:45am - 9:30am	Water Exercise Pool Debbie K 8:45am - 9:30am	Water Exercise Pool Sara G 8:45am - 9:30am	Water Exercise Pool Sara G 8:45am - 9:30am	Water Exercise Pool Barbara G 8:45am - 9:30am	Strength and Resistance Multi-Purpose Room 1 Class Rotation 8:10am - 9:10am

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			BODYCOMBAT® Multi-Purpose Room 1 Shelly W 8:45am - 9:45am		BODYCOMBAT® Multi-Purpose Room 1 Monica K 8:45am - 9:45am		Water Exercise Pool Tara T 8:30am - 9:30am
		Cycling Cycling Room Barry L 9am - 9:30am	HIIT Multi-Purpose Room 2 Nelson S 9:15am - 9:45am	SilverSneakers® Cardio Fit Multi-Purpose Room 1 Cheryl H 9am - 10am	HIIT Multi-Purpose Room 2 Tracy R 9:15am - 9:45am	BODYPUMP® Multi-Purpose Room 1 Colleen H 9:10am - 10:10am	Yoga Multi-Purpose Room 2 Class Rotation 9am - 10am
		BODYPUMP® Multi-Purpose Room 1 Colleen H 9:10am - 9:40am	Cycling Cycling Room Deanne M 9:30am - 10:15am	BODYPUMP® Multi-Purpose Room 1 Phyllis J 9:10am - 10:10am	Cycling Cycling Room Deanne M 9:30am - 10:15am	Boot Camp Basketball Court - Outdoor Tracy R 9:15am - 10am	Zumba® Multi-Purpose Room 1 Class Rotation 9:15am - 10:15am
		Boot Camp Basketball Court - Outdoor Deanne M 9:15am - 10am	SilverSplash Pool Debbie K 9:45am - 10:30am	Boot Camp Basketball Court - Outdoor Tracy R 9:15am - 10am	Water Exercise Pool Sara G 9:45am - 10:30am	Cycling Cycling Room Deanne M 9:30am - 10am	Cycling Cycling Room Class Rotation 9:15am - 10am
		Yoga Multi-Purpose Room 2 Class Rotation 9:15am - 10:30am		Cycling Cycling Room Deanne M 9:30am - 10am	BODYFLOW® Multi-Purpose Room 2 Monica K 9:50am - 10:40am	Water Exercise Pool Barbara G 9:45am - 10:30am	
		Zumba® Toning Multi-Purpose Room 1 Barry L 9:45am - 10:30am		Water Exercise Pool Sara G 9:45am - 10:30am		Zumba® Toning Multi-Purpose Room 2 Barry L 9:45am - 10:30am	
		Water Exercise Pool Debbie K 9:45am - 10:30am					
10am		Cycling Cycling Room Deanne M 10:30am - 11am	Zumba® Multi-Purpose Room 1 Barry L 10am - 11am	HIIT Multi-Purpose Room 2 Tracy R 10:15am - 10:45am	Zumba® Multi-Purpose Room 1 Dana S 10am - 11am	SPRINT® Cycling Room Colleen H 10:30am - 11am	Kid Cardio Multi-Purpose Room 2 Tracy R 10:15am - 11:15am
		Strength and Resistance Multi-Purpose Room 1 Barry L 10:40am - 11:40am	Meditation Multi-Purpose Room 2 Ashlee S 10am - 10:30am	Cardio Lite Multi-Purpose Room 1 Dana S 10:15am - 11am	Cycling Cycling Room Deanne M 10:30am - 11am	Yoga Multi-Purpose Room 1 Barbara G 10:45am - 11:45am	Family Swim Pool 10:30am - 5:30pm
		Deep Water Exercise Pool Connie L 10:45am - 11:30am	Cycling Cycling Room Deanne M 10:30am - 11am	Cycling Cycling Room Phyllis J 10:30am - 11am	Yoga Multi-Purpose Room 2 Ashlee S 10:45am - 11:45am	SilverSneakers® Circuit Multi-Purpose Room 2 Debbie K 10:45am - 11:45am	BODYCOMBAT® Multi-Purpose Room 1 Class Rotation 10:30am - 11:30am
		SilverSneakers® Circuit Multi-Purpose Room 2 Donna B 10:45am - 11:45am	Yoga Multi-Purpose Room 2 Ashlee S 10:45am - 11:45am	Water Exercise Pool Connie L 10:45am - 11:30am	Water Exercise Pool Connie L 10:45am - 11:30am	Water Exercise Pool Connie L 10:45am - 11:30am	
			Deep Water Exercise Pool Connie L 10:45am - 11:30am				

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

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5pm			RIPPED Multi-Purpose Room 2 Shelly W 4pm - 5pm	Strength and Resistance Multi-Purpose Room 1 Nelson S 4:30pm - 5:30pm			
		Swim Lessons Pool 5pm - 8pm	Kettlebell Multi-Purpose Room 1 Tracy R 5pm - 5:30pm	Swim Lessons Pool 5pm - 8pm	Kettlebell Multi-Purpose Room 1 Nelson S 5pm - 5:30pm	BODYCOMBAT® Multi-Purpose Room 1 Class Rotation 5:45pm - 6:45pm	
		Pilates Multi-Purpose Room 2 Terrie B 5:30pm - 6:15pm	Swim Lessons Pool 5pm - 8pm	Pilates Multi-Purpose Room 2 Terrie B 5:30pm - 6:15pm	Swim Lessons Pool 5pm - 8pm		
		KidFit Basketball Court - Outdoor Tracy R 5:45pm - 6:30pm	Kid Cardio Multi-Purpose Room 2 Tracy R 5:30pm - 6:30pm	BODYCOMBAT® Multi-Purpose Room 1 Monica K 5:45pm - 6:45pm	Kid Cardio Multi-Purpose Room 2 Tracy R 5:30pm - 6:30pm		
		Cycling Cycling Room Katie S 5:45pm - 6:30pm	SPRINT® Cycling Room Monica K 5:45pm - 6:15pm	KidFit Basketball Court - Outdoor Zaylon B 5:45pm - 6:30pm	BODYPUMP® Multi-Purpose Room 1 Terrie B 5:45pm - 6:45pm		
		BODYCOMBAT® Multi-Purpose Room 1 Shaun F 5:45pm - 6:45pm	BODYPUMP® Multi-Purpose Room 1 Terrie B 5:45pm - 6:45pm		SPRINT® Cycling Room Nancy C 5:45pm - 6:15pm		
6pm		Boot Camp Basketball Court - Outdoor Franklin L 6pm - 6:45pm	Lap Swim - 1 lane Pool 6pm - 7pm	Lap Swim - 1 lane Pool 6pm - 7pm	Lap Swim - 1 lane Pool 6pm - 7pm		
		Lap Swim - 1 lane Pool 6pm - 7pm	Cycling Cycling Room Monica K 6:30pm - 7pm	Boot Camp Basketball Court - Outdoor Nelson S 6pm - 6:45pm	Cycling Cycling Room Nancy C 6:30pm - 7pm		
		Yoga Multi-Purpose Room 2 Nelson S 6:30pm - 7:45pm		Power Yoga Multi-Purpose Room 2 Tracy R 6:30pm - 7:45pm			
		Cycling Cycling Room Terrie B 6:45pm - 7:15pm					
7pm		Zumba® Multi-Purpose Room 1 Stacey G 7pm - 8pm	Lap Swim - 3 lanes Pool 7pm - 8pm	Family Swim Pool 7pm - 9:30pm	Lap Swim - 3 lanes Pool 7pm - 8pm	Lap Swim - 6 lanes Pool 7pm - 9:30pm	
		Family Swim Pool 7pm - 9:30pm	Family Swim Pool 7pm - 9:30pm	Zumba® Multi-Purpose Room 1 Monica M 7pm - 8pm	Family Swim Pool 7pm - 9:30pm		

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		Water Exercise Pool Tara T 7pm - 7:45pm	Zumba® Multi-Purpose Room 1 Monica M 7pm - 8pm	Water Exercise Pool Kathy K 7pm - 7:45pm	SCUBA Pool 7pm - 9pm		
		Lap Swim - 4 lanes Pool 7pm - 8pm	SCUBA Pool 7pm - 9pm	Lap Swim - 4 lanes Pool 7pm - 8pm	Yoga Multi-Purpose Room 1 Tracy R 7pm - 8pm		
			Water Exercise Pool Tara T 7pm - 7:45pm		Water Exercise Pool Kathy K 7pm - 7:45pm		
8pm		Lap Swim - 6 lanes Pool 8pm - 9:30pm	Lap Swim - 5 lanes Pool 8pm - 9:30pm	Lap Swim - 6 lanes Pool 8pm - 9:30pm	Lap Swim - 5 lanes Pool 8pm - 9:30pm		

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