



# SOUTHWEST FAMILY YMCA

July 12th - July 18th

2800 Fordhaven Road

Louisville, KY 40214

(502) 933-9622

	SUN 12	MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
5am				<b>Cycle</b> Studio A Donna Roberts 5:30am - 6:15am			
8am		<b>Muscle Definition</b> Studio A Shannon Slucher 8:45am - 9:30am				<b>MuscleFit</b> Studio A Deanna Miles 8:45am - 9:30am	<b>BODYPUMP Express</b> Studio A Staff 8:45am - 9:30am
9am		<b>Cycle</b> Studio A Shannon Slucher 9:45am - 10:30am	<b>Muscle Definition</b> s Deanna Miles 9:45am - 10:30am	<b>Cycle</b> Studio A Willie Stivers 9:45am - 10:30am	<b>CardioFit</b> Studio A Deanna Miles 9:45am - 10:30am	<b>Cycle</b> Studio A Deanna Miles 9:45am - 10:30am	<b>Cycle</b> Studio A Staff 9:45am - 10:30am
11am		<b>Shallow Water</b> Pool Joann Prosser 11am - 11:50am	<b>Tai Chi</b> Studio A Renee Lovelace 11am - 11:45am	<b>Shallow Water</b> Pool Janice Entsminger 11am - 11:50am	<b>Tai Chi</b> Studio A Renee Lovelace 11am - 11:45am	<b>Shallow Water</b> Pool Debbie Brown 11am - 11:50am	<b>Zumba</b> Studio A Staff 11am - 11:45am
		<b>Yoga</b> Studio A Sandra Meadors 11:45am - 12:30pm		<b>Yoga</b> Studio A Sandra Meadors 11:45am - 12:30pm			<b>Yoga</b> Outside Patio (weather permitting) Sandra Meadors 11am - 11:45am
4pm		<b>BODYPUMP Express</b> Studio A Deonna Tinsley 4:30pm - 5:15pm					
5pm		<b>Cycle</b> Studio A Deonna Tinsley 5:30pm - 6pm		<b>R.I.P.P.E.D.</b> Studio A Kariane Ransdell 5:30pm - 6:15pm			
6pm			<b>Hip Hop Cycle</b> Studio A Kariane Ransdell 6pm - 6:30pm	<b>Zumba</b> Studio A Heather Montgomery 6:45pm - 7:30pm	<b>Hip Hop Cycle</b> Studio A Willie Stivers 6:45pm - 7:30pm	<b>Boot Camp</b> Studio A Michelle Clark 6pm - 6:30pm	
			<b>BODYPUMP</b> Studio A Kariane Ransdell 6:45pm - 7:30pm				
7pm		<b>Zumba</b> Studio A Staff 7pm - 7:45pm					

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.