



SOUTHWEST FAMILY YMCA
December 14th - December 20th

2800 Fordhaven Road
Louisville, KY 40214
(502) 933-9622

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
5am			Cycle C Donna Roberts 5:30am - 6:15am	BODYPUMP A Angela Bibelhauser 5:30am - 6:30am	Cycle C Donna Roberts 5:30am - 6:15pm	BODYPUMP A Angela Bibelhauser 5:30am - 6:30am	
8am	Deep Water Fitness Pool 8am - 8:50am		Water Flex Pool Jessica Burch 8am - 8:45am	Cycle C Shannon Slucher 8:30am - 9:15am	Water Fit Plus Pool Donna Roberts 8am - 8:45am	Cycle C Deanna Miles 8:30am - 9:15am	Water Fit Pool Debbie Brown 8am - 8:50am
	Cycle C 8:30am - 9:15am		BODYPUMP B Shannon Slucher 8:30am - 9:30am		BODYPUMP B Shannon Slucher 8:30am - 9:30am		Barre A Meghan Cain-Davis 8:30am - 9:25am
	BODYPUMP A 8:30am - 9:15am						MuscleFit B Deanna Miles 8:30am - 9:25am
9am	Water Fitness Pool 9am - 9:45am		POUND A Cathy Tingle 9am - 9:25am	Barre A Meghan Cain-Davis 9:30am - 10:25am	Cycle C Willie Stivers 9:30am - 10:15am	Core A Meghan Cain-Davis 9:30am - 10:15am	Zumba A Cathy Tingle 9:30am - 10:25am
	Saturday Variety A Michelle Clark 9:30am - 10:15am		Zumba A Cathy Tingle 9:30am - 10:30am	Muscle Definition B Deanna Miles 9:30am - 10:25am		CardioFit B Deanna Miles 9:30am - 10:25am	Cycle C Deanna Miles 9:30am - 10:15am
			Cycle C 9:30am - 10:15am				
10am	Zumba B 10:15am - 11:15am		Silver Sneakers A Sandra Meador 10:45am - 11:40am	Tai Chi B Renee Lovelace 10:30am - 11:25am	Silver Sneakers A Willie Stivers 10:45am - 11:40am	Tai Chi A Renee Lovelace 10:45am - 11:40am	Silver Sneakers A Shannon Slucher 10:45am - 11:40am
	Yoga A Sandra Meador 10:20am - 11:15am						
11am	Tae Kwon Do - Beginner B Birgit Hall 11:15am - 12:10pm		Water Fit Plus Pool Joann Prosser 11am - 11:50am	Water Strength & Flexibility Pool Janice Entsminger 11am - 11:50am	Shallow Water Pool Joann Prosser 11am - 11:50am	Water Strength & Flexibility Pool Janice Entsminger 11am - 11:50am	Shallow Water Pool 11am - 11:50am
			Yoga A Sandra Meador 11:45am - 12:40pm		Yoga A Sandra Meador 11:45am - 12:40pm		
12pm	TKD Little Dragon B Birgit Hall 12:15pm - 12:45pm		Water Flex Pool Joann Prosser 12pm - 12:45pm	Deep Water Fitness Pool Janice Entsminger 12pm - 12:45pm	Water Flex Pool Joann Prosser 12pm - 12:45pm	Deep Water Fitness Pool Janice Entsminger 12pm - 12:45pm	
1pm		Cycle C 1pm - 1:45pm					

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2pm		Muscle Definition A 2pm - 2:45pm					
4pm					Tai Chi B Renee Lovelace 4pm - 5:15pm		
5pm			BODYPUMP Express A Angela Bibelhauser 5:30pm - 6:15pm	Hip Hop Cycle C Kariane Ransdell 5:30pm - 6pm	R.I.P.E.D. A Kariane Ransdell 5:30pm - 6:25pm	Step A Sandra Meador 5:40pm - 6:10pm	
			Yoga B Sandra Meador 5:30pm - 6:15pm	Step A Sandra Meador 5:40pm - 6:10pm	Pilates B Sandra Meador 5:30pm - 6:25pm		
				MuscleFit B Jamie Hale 5:45pm - 6:25pm			
6pm			Cycle C Deonna Tinsley 6:15pm - 7pm	BODYPUMP Express A Kariane Ransdell 6:15pm - 7pm	BODYPUMP B Tracy Smith 6:30pm - 7:25pm	Kettlebell B Nancy Lefebvre 6:15pm - 7pm	
			Barre Basic B Sandra Meador 6:20pm - 6:50pm	CardioFit B Nancy Lefebvre 6:30pm - 7pm	Cycle C Kariane Ransdell 6:30pm - 7pm	Hip Hop Cycle C Willie Stivers 6:15pm - 7pm	
				Cycle C Sandra Meador 6:30pm - 7pm	POUND A Cathy Tingle 6:30pm - 7:10pm	Yoga A Lindsey McCoy 6:15pm - 7:10pm	
7pm			Zumba A Cathy Tingle 7pm - 7:55pm	Kickboxing B Nancy Lefebvre 7pm - 7:45pm	Deep Water Fitness Pool 7:10pm - 8pm	Kickboxing B Nancy Lefebvre 7pm - 7:45pm	
			Deep Water Fitness Pool 7:10pm - 8pm	Aqua Zumba Pool Angie Hawkins 7:10pm - 8pm	Zumba A Cathy Tingle 7:15pm - 8pm	Water Flex Pool Jessica Burch 7:10pm - 8pm	
			BODYPUMP Express B Deonna Tinsley 7:15pm - 8pm	Yoga A Lindsey McCoy 7:15pm - 8pm	Tae Kwon Do - Beginner B Birgit Hall 7:30pm - 8:25pm	Zumba A Amanda Luckett 7:15pm - 8:10pm	
					Cycle C Tracy Smith 7:30pm - 8pm		

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