



# BULLITT COUNTY FAMILY YMCA

June 25th - July 1st

409 Joe B. Hall Ave.  
Shepherdsville, KY 40165  
(502) 543 3985

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
<b>5am</b>	<b>Cycling</b> Cycle Studio Sara C 5:30am - 6:15am	<b>Gentle Yoga</b> Group Exercise Room Sara C 5:15am - 6am	<b>Cycle</b> Cycle Studio Sara C 5:30am - 6:15am	<b>Gentle Yoga</b> Group Exercise Room Sara C 5:15am - 6am			<b>Gentle Yoga</b> Group Exercise Room Sara C 5:15am - 6am
<b>6am</b>	<b>Stretch &amp; Recovery</b> Multipurpose Room Sara C 6:30am - 7am	<b>Muscle Definition</b> Group Exercise Room Sara C 6am - 6:45am	<b>Stretch &amp; Recovery</b> Multipurpose Room Sara C 6:30am - 7am	<b>Muscle Definition</b> Group Exercise Room Sarah C 6am - 6:45am			<b>Muscle Definition</b> Group Exercise Room Sara C 6am - 6:45am
<b>8am</b>	<b>Kids' Club Open</b> Kids' Club 8:30am - 1pm	<b>Kids' Club Open</b> Kids' Club 8:30am - 1pm	<b>Kids' Club Open</b> Kids' Club 8:30am - 1pm	<b>Kids' Club Open</b> Kids' Club 8:30am - 1pm	<b>Kids' Club Open</b> Kids' Club 8:30am - 1pm		<b>Kids' Club Open</b> Kids' Club 8:30am - 1pm
<b>9am</b>	<b>Strength Train Together</b> Group Exercise Room Carrie R 9:15am - 10:15am	<b>Cycle in 30</b> Cycle Studio Jenny Y 9:15am - 9:45am	<b>POUND Fitness</b> Multipurpose Room Sara C 9am - 9:30am	<b>Totally Step</b> Group Exercise Room Denise M 9:15am - 10am	<b>Cycling</b> Cycle Studio Ginger D 9am - 9:45am		<b>Cycle in 30</b> Cycle Studio Jessie L 9:15am - 9:45am
	<b>Intro to Muscle Definition</b> Multipurpose Room Susan B 9:15am - 9:45am	<b>Back To Basics</b> Multipurpose Room Amie I 9:30am - 10:15am	<b>Strength Train Together</b> Group Exercise Room Ashley B 9:15am - 10:15am				<b>Get Rollin</b> Suspension Training Room Kelly W 9:30am - 10am
	<b>Creative Movements I (Age 2)</b> Suspension Training Room Kelly W 9:30am - 10am	<b>Toddler Tumble</b> Suspension Training Room Kelly W 9:30am - 10am	<b>Tots Hip Hop (Ages 3-5)</b> Suspension Training Room Kelly W 9:30am - 10am				<b>Zumba</b> Multipurpose Room Sara C 9:35am - 10:05am
		<b>Muscle &amp; Core</b> Group Exercise Room Jenny Y 9:55am - 10:25am	<b>Zumba</b> Multipurpose Room Sara C 9:35am - 10:05am				<b>Core &amp; Band</b> Group Exercise Room Jessie L 9:55am - 10:40am
<b>10am</b>	<b>Stretch</b> Multipurpose Room Susan B 10am - 11am	<b>Relay Races</b> Suspension Training Room Kelly W 10:05am - 10:35am	<b>Active Game</b> Suspension Training Room Kelly W 10:05am - 10:35am	<b>HEAT (High Energy Athletic Training)</b> Group Exercise Room Denise M 10:10am - 10:40am	<b>Strength Train Together</b> Group Exercise Room Jessie L 10am - 11am		<b>Sports Conditioning</b> Suspension Training Room Kelly W 10:05am - 10:35am
	<b>Dances Ally</b> Suspension Training Room Kelly W 10:05am - 10:35am	<b>SilverSneakers</b> Group Exercise Room Amie I 10:30am - 11:15am	<b>Stretch</b> Multipurpose Room Sara C 10:10am - 10:55am		<b>Barre</b> Multipurpose Room Ginger D 10am - 10:45am		<b>Stretch</b> Multipurpose Room Sara C 10:10am - 11:10am
	<b>Functional Fitness</b> Group Exercise Room Carrie R 10:25am - 10:55am		<b>Functional Fitness</b> Group Exercise Room Ashley B 10:25am - 10:55am				
<b>11am</b>	<b>SilverSneakers</b> Group Exercise Room Carrie R 11am - 11:45am	<b>Water Fitness</b> Maryville Pool Sara C 11:30am - 12:15pm	<b>SilverSneakers</b> Group Exercise Room Ashley B 11am - 11:45am				<b>Water Fitness</b> Maryville Pool Kelly W 11:30am - 12:15pm
<b>12pm</b>						<b>Kids' Club Open</b> Kids' Club 12pm - 6pm	

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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	<b>TUE 25</b>	<b>WED 26</b>	<b>THU 27</b>	<b>FRI 28</b>	<b>SAT 29</b>	<b>SUN 30</b>	<b>MON 1</b>
<b>4pm</b>	<b>Kids' Club Open</b> Kids' Club 4pm - 8:30pm	<b>Kids' Club Open</b> Kids' Club 4pm - 8:30pm	<b>Kids' Club Open</b> Kids' Club 4pm - 8:30pm	<b>Kids' Club Open</b> Kids' Club 4pm - 8:30pm			<b>Kids' Club Open</b> Kids' Club 4pm - 8:30pm
							<b>Core</b> Group Exercise Room Bridgett E 4:45pm - 5pm
<b>5pm</b>	<b>Step in 30</b> Group Exercise Room Amie I 5:15pm - 5:45pm	<b>Muscle Definition</b> Group Exercise Room Ginger D 5pm - 5:45pm	<b>Tots Hip Hop (Ages 3-5)</b> Suspension Training Room Kelly W 5:45pm - 6:15pm				<b>Muscle Definition</b> Group Exercise Room Bridgett E 5pm - 5:45pm
	<b>Active Story Time (Ages 3-5)</b> Multipurpose Room Kelly W 5:45pm - 6:15pm	<b>Tumblebugs (Ages 4-5)</b> Multipurpose Room Kelly W 5:40pm - 6:10pm					<b>Creative Movements II (Ages 3-5)</b> Suspension Training Room Kelly W 5:45pm - 6:15pm
<b>6pm</b>	<b>Dance Sculpt</b> Multipurpose Room Jullian W 6pm - 6:45pm	<b>Water Fitness</b> Mount Washington Pool Melissa H 6pm - 7pm	<b>Dance Fitness</b> Multipurpose Room Jullian W 6pm - 6:45pm				<b>Dance Fitness</b> Group Exercise Room Jullian W 6pm - 6:45pm
	<b>Strength Train Together</b> Group Exercise Room Ashley B 6pm - 7pm	<b>Cycling</b> Cycle Studio Bridgett E 6pm - 6:45pm	<b>Strength Train Together</b> Group Exercise Room Jessie L 6pm - 7pm				<b>POUND Fitness</b> Multipurpose Room Sara C 6pm - 6:45pm
	<b>Water Fitness</b> Mount Washington Pool Ginger D 6pm - 7pm	<b>Barre</b> Group Exercise Room Ginger D 6pm - 6:45pm	<b>Water Fitness</b> Mount Washington Pool Ginger D 6pm - 7pm				<b>Water Fitness</b> Mount Washington Pool Jessie L 6pm - 7pm
	<b>Kids Cardio (Ages 6+)</b> Suspension Training Room Kelly C 6:20pm - 6:50pm	<b>Cheernastics (Ages 6+)</b> Multipurpose Room Kelly W 6:10pm - 6:55pm	<b>Cycle</b> Cycle Studio Beth H 6pm - 6:45pm				<b>Cycle</b> Cycle Studio Melissa H 6pm - 6:45pm
			<b>Kickboxing For Kids</b> Suspension Training Room Kelly W 6:20pm - 6:50pm				<b>Active Game</b> Suspension Training Room Sarah S 6:20pm - 6:50pm
<b>7pm</b>	<b>Cycle in 30</b> Cycle Studio Amie I 7:05pm - 7:35pm	<b>Kickboxing</b> Multipurpose Room Jack J 7pm - 7:45pm	<b>Yoga</b> Group Exercise Room Tiffany A 7:10pm - 7:55pm				<b>Kickboxing</b> Multipurpose Room Jack J 7pm - 7:45pm
							<b>Yoga</b> Group Exercise Room Tiffany A 7:05pm - 7:50pm

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