



BULLITT COUNTY FAMILY YMCA

December 14th - December 20th

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

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
5am			Muscle Definition Group Ex Sara Cahill 5:30am - 6:15am	Cycle Cycle Studio Sara Cahill 5:30am - 6:15am	Yoga Group Ex Melissa Hall 5:15am - 6am	Coach by Color Cycle Studio Sara Cahill 5:30am - 6:15am	Muscle Definition Group Ex Sara Cahill 5:30am - 6:15am
6am			Yoga Group Ex Sara Cahill 6:30am - 7:15am	Stretch & Recovery Multipurpose Sara Cahill 6:30am - 7am	Muscle Definition Group Ex Melissa Hall 6am - 6:45am	Stretch & Recovery Multipurpose Sara Cahill 6:30am - 7am	Yoga Group Ex Sara Cahill 6:30am - 7:15am
9am	Cycle Cycle Studio Ginger Davis 9am - 9:45am		CardioFit Group Ex Jessie Leitner 9:15am - 9:45am	BODYPUMP Group Ex Ashley Burton 9:15am - 10:15am	Cycle in 30 Cycle Studio Amie Isabel 9:15am - 9:45am	Tots Hip Hop (3-5) ST Sarah Bowling 9:30am - 10am	Totally Step Group Ex Denise McGauley 9:15am - 10am
			Toddler Tumble Multipurpose Kelly Williams 9:30am - 10am	Intro to Muscle Definition Multipurpose Susan Buse 9:15am - 9:45am	Active Story Time (3-5) ST Kelly Williams 9:30am - 10am		
			Core Group Ex Jessie Leitner 9:50am - 10:20am	Creative Movements II - (3-5) ST Kelsey Miles 9:30am - 10am	Core Group Ex Amie Isabel 9:50am - 10:20am		
10am	BODYPUMP Group Ex Jessie Leitner 10am - 11am			Gentle Yoga Multipurpose Susan Buse 10am - 11am	Silver Sneakers Group Ex Amie Isabel 10:30am - 11:15am	Gentle Yoga Multipurpose Sara Cahill 10:10am - 10:55am	
	Barre Multipurpose Ginger Davis 10am - 10:45am			Functional Fitness Group Ex Ashley Burton 10:30am - 11am		Functional Fitness Group Ex Ashley Burton 10:30am - 11am	
11am	REFIT Multi Purpose Anna Kelsch 11am - 11:45am			Silver Sneakers Group Ex Ashley Burton 11:05am - 11:50am		Silver Sneakers Group Ex Ashley Burton 11:05am - 11:50am	
4pm			Core Group Ex Bridgett Etherton 4:45pm - 5pm				
5pm			Muscle Definition Group Ex Bridgett Etherton 5pm - 5:45pm	Step in 30 Group Ex Amie Isabel 5:15pm - 5:45pm	Muscle Definition Group Ex Ginger Davis 5pm - 5:45pm		
6pm			Dance Fitness Group Ex Jillian Warf 6pm - 6:45pm	BODYPUMP Group Ex Jessie Leitner 6pm - 7pm	Barre Group Ex Ginger Davis 6pm - 6:45pm	Tots Hip Hop (3-5) ST Kelly Williams 6pm - 6:30pm	
			Creative Movements II - (3-5) ST Sarah Phillips 6pm - 6:30pm	Dance Fitness Multipurpose Jillian Warf 6pm - 6:45pm	Cycle Cycle Studio Bridgett Etherton 6pm - 6:45pm	Cycle Cycle Studio Beth Hall 6pm - 6:45pm	

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.



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	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
			Active Game Time (age 5-9) ST Sarah Phillips 6:35pm - 7:05pm	Active Story Time (3-5) ST Kelly Williams 6pm - 6:30pm	Tumblebugs (ages 4-5) Multipurpose Kelsey Miles 6:05pm - 6:35pm	Kids Cardio ST Kelly Williams 6:35pm - 7:05pm	
				Kids Cardio ST Kelly Williams 6:35pm - 7:05pm	Kids Cardio ST Kelsey Miles 6:35pm - 7:05pm		
7pm			Kickboxing Multipurpose Jack Jolly 7pm - 7:45pm	Cycle in 30 Cycle Studio Amie Isabel 7:05pm - 7:35pm	Kickboxing Multipurpose Jack Jolly 7pm - 7:45pm	Yoga Group Ex Tiffany Able 7pm - 7:50pm	
			Yoga Group Ex Tiffany Able 7pm - 7:45pm				

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