



# BULLITT COUNTY FAMILY YMCA

December 15th - December 21st

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

	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
5am		<b>Muscle Definition</b> Group Ex Sara Cahill 5:30am - 6:15am	<b>Cycle</b> Cycle Studio Sara Cahill 5:30am - 6:15am	<b>Yoga</b> Group Ex Melissa Hall 5:15am - 6am	<b>Coach by Color</b> Cycle Studio Sara Cahill 5:30am - 6:15am	<b>Muscle Definition</b> Group Ex Sara Cahill 5:30am - 6:15am	
6am		<b>Yoga</b> Group Ex Sara Cahill 6:30am - 7:15am	<b>Stretch &amp; Recovery</b> Multipurpose Sara Cahill 6:30am - 7am	<b>Muscle Definition</b> Group Ex Melissa Hall 6am - 6:45am	<b>Stretch &amp; Recovery</b> Multipurpose Sara Cahill 6:30am - 7am	<b>Yoga</b> Group Ex Sara Cahill 6:30am - 7:15am	
9am		<b>CardioFit</b> Group Ex Jessie Leitner 9:15am - 9:45am	<b>BODYPUMP</b> Group Ex Ashley Burton 9:15am - 10:15am	<b>Cycle in 30</b> Cycle Studio Amie Isabel 9:15am - 9:45am	<b>Tots Hip Hop (3-5)</b> ST Sarah Bowling 9:30am - 10am	<b>Totally Step</b> Group Ex Denise McGauley 9:15am - 10am	<b>Cycle</b> Cycle Studio Ginger Davis 9am - 9:45am
		<b>Toddler Tumble</b> Multipurpose Kelly Williams 9:30am - 10am	<b>Intro to Muscle Definition</b> Multipurpose Susan Buse 9:15am - 9:45am	<b>Active Story Time (3-5)</b> ST Kelly Williams 9:30am - 10am			
		<b>Core</b> Group Ex Jessie Leitner 9:50am - 10:20am	<b>Creative Movements II - (3-5)</b> ST Kelsey Miles 9:30am - 10am	<b>Core</b> Group Ex Amie Isabel 9:50am - 10:20am			
10am			<b>Gentle Yoga</b> Multipurpose Susan Buse 10am - 11am	<b>Silver Sneakers</b> Group Ex Amie Isabel 10:30am - 11:15am	<b>Gentle Yoga</b> Multipurpose Sara Cahill 10:10am - 10:55am		<b>BODYPUMP</b> Group Ex Jessie Leitner 10am - 11am
			<b>Functional Fitness</b> Group Ex Ashley Burton 10:30am - 11am		<b>Functional Fitness</b> Group Ex Ashley Burton 10:30am - 11am		<b>Barre</b> Multipurpose Ginger Davis 10am - 10:45am
11am			<b>Silver Sneakers</b> Group Ex Ashley Burton 11:05am - 11:50am		<b>Silver Sneakers</b> Group Ex Ashley Burton 11:05am - 11:50am		<b>REFIT</b> Multi Purpose Anna Kelsch 11am - 11:45am
4pm		<b>Core</b> Group Ex Bridgett Etherton 4:45pm - 5pm					
5pm		<b>Muscle Definition</b> Group Ex Bridgett Etherton 5pm - 5:45pm	<b>Step in 30</b> Group Ex Amie Isabel 5:15pm - 5:45pm	<b>Muscle Definition</b> Group Ex Ginger Davis 5pm - 5:45pm			
6pm		<b>Dance Fitness</b> Group Ex Jillian Warf 6pm - 6:45pm	<b>BODYPUMP</b> Group Ex Jessie Leitner 6pm - 7pm	<b>Barre</b> Group Ex Ginger Davis 6pm - 6:45pm	<b>Tots Hip Hop (3-5)</b> ST Kelly Williams 6pm - 6:30pm		
		<b>Creative Movements II - (3-5)</b> ST Sarah Phillips 6pm - 6:30pm	<b>Dance Fitness</b> Multipurpose Jillian Warf 6pm - 6:45pm	<b>Cycle</b> Cycle Studio Bridgett Etherton 6pm - 6:45pm	<b>Cycle</b> 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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		<b>Active Game Time (age 5-9)</b> ST Sarah Phillips 6:35pm - 7:05pm	<b>Active Story Time (3-5)</b> ST Kelly Williams 6pm - 6:30pm	<b>Tumblebugs (ages 4-5)</b> Multipurpose Kelsey Miles 6:05pm - 6:35pm	<b>Kids Cardio</b> ST Kelly Williams 6:35pm - 7:05pm		
			<b>Kids Cardio</b> ST Kelly Williams 6:35pm - 7:05pm	<b>Kids Cardio</b> ST Kelsey Miles 6:35pm - 7:05pm			
<b>7pm</b>		<b>Kickboxing</b> Multipurpose Jack Jolly 7pm - 7:45pm	<b>Cycle in 30</b> Cycle Studio Amie Isabel 7:05pm - 7:35pm	<b>Kickboxing</b> Multipurpose Jack Jolly 7pm - 7:45pm	<b>Yoga</b> Group Ex Tiffany Able 7pm - 7:50pm		
		<b>Yoga</b> Group Ex Tiffany Able 7pm - 7:45pm					

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