



NORTHEAST FAMILY YMCA  
December 14th - December 20th

9400 Mill Brook Road  
Louisville, KY 40223  
(502) 425-1271

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
5am				<b>Cycle</b> Cycle Studio Penny Clinard 5:45am - 6:30am			
6am			<b>BODYPUMP</b> Group Fitness Room Penny Clinard 6am - 7am		<b>BODYPUMP</b> Group Fitness Room Penny Clinard 6am - 7am	<b>Cycle</b> Cycle Studio Cheryl Scanlon 6am - 6:45am	<b>BODYPUMP</b> Group Fitness Room Penny Clinard 6am - 7am
					<b>Interval Circuit</b> large gym Danielle Shinaberry 6am - 6:45am		
7am	<b>Cycle</b> Cycle Studio Penny Clinard 7:45am - 8:30am			<b>Yoga</b> A/B Studio Rebecca Braden 7:45am - 8:45am		<b>Yoga</b> A/B Studio Rebecca Braden 7:45am - 8:45am	
8am	<b>Stretch</b> Group Fitness Room Danielle Shinaberry 8:15am - 8:35am	<b>Muscle Definition</b> Group Fitness Room Danielle Shinaberry 8:45am - 9:45am	<b>Cardio Power</b> Group Fitness Room Laura Bower 8:45am - 9:15am	<b>BODYPUMP</b> Group Fitness Room Lori Duckett 8am - 9am	<b>Box n Bound</b> Group Fitness Room Laura Bower 8:35am - 9:30am	<b>BODYPUMP</b> Group Fitness Room Lori Duckett 8:15am - 9am	<b>Barre</b> Group Fitness Room Laura Bower 8:30am - 9:15am
	<b>Yoga</b> A/B Studio Matt Stivers 8:15am - 9:25am		<b>Cardio Barre</b> A/B Studio Laura Bycroft 8:50am - 9:30am		<b>Barre</b> A/B Studio Laura Bycroft 8:50am - 9:35am		
9am	<b>Step</b> A/B Studio Allison Leef 9:35am - 10:25am	<b>Cycle</b> Cycle Studio Virginia Tudor 9:30am - 10:30am	<b>Core</b> Group Fitness Room Laura Bower 9:35am - 9:50am	<b>Gentle Yoga</b> A/B Studio Rebecca Braden 9am - 10am	<b>Step Interval</b> Group Fitness Room Laura Bower 9:35am - 10:35am	<b>Gentle Yoga</b> A/B Studio Rebecca Braden 9am - 10am	<b>Cardio Power</b> Group Fitness Room Laura Bower 9:45am - 10:35am
		<b>Cardio Barre</b> A/B Studio Laura Bycroft 9:45am - 10:30am	<b>Forever Fit</b> A/B Studio Dawn McMillion 9:45am - 10:45am	<b>Zumba</b> Group Fitness Room Kristen Minucci 9:15am - 10pm	<b>Forever Fit</b> A/B Studio Dawn McMillion 9:45am - 10:40am	<b>Core</b> Group Fitness Room Lori Duckett 9am - 9:25am	<b>Forever Fit</b> A/B Studio Michele Akins 9:45am - 10:45am
			<b>Step Interval</b> Group Fitness Room Laura Bower 9:50am - 10:35am			<b>Zumba</b> Group Fitness Room Kristen Minucci 9:35am - 10:30am	
10am	<b>Zumba</b> A/B Studio Mary Vaughn 10:35am - 11:35am	<b>Zumba</b> Group Fitness Room Jaime Warren 10am - 11am	<b>BODYPUMP</b> Group Fitness Room Autumn Mendez 10:45am - 11:45am	<b>Active Together</b> Group Fitness Room Kristen Minucci 10:05am - 11:05am	<b>Muscle Definition</b> Group Fitness Room Danielle Shinaberry 10:45am - 11:45am	<b>Tai Chi</b> A/B Studio Thomas Barton 10:15am - 11:15am	<b>Muscle Definition</b> Group Fitness Room Danielle Shinaberry 10:45am - 11:45am
			<b>Forever Fit II</b> A/B Studio Laura Bower 10:45am - 11:45am	<b>Cardio Barre</b> A/B Studio Laura Bycroft 10:15am - 11:15am	<b>Forever Fit II</b> A/B Studio Laura Bower 10:45am - 11:45am		
11am	<b>After Party</b> A/B Studio Thea Browning 11:45am - 12:45pm	<b>Contact Boxing</b> Group Fitness Room Cassie Lydon 11:15am - 12pm				<b>Basic Cycling</b> Cycle Studio 11:15am - 11:45am	
		<b>Cycle</b> Cycle Studio Barb Lydon 11:30am - 12:15pm				<b>Cardio Barre</b> A/B Studio Laura Bycroft 11:30am - 12:30pm	

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12pm	<b>HEAT</b> Group Fitness Room Lori Duckett 12:05pm - 12:50pm	<b>BODYPUMP</b> Group Fitness Room Barb Lydon 12:45pm - 1:45pm	<b>Zumba</b> Group Fitness Room Ann Taylor 12pm - 1pm	<b>Line Dancing</b> A/B Studio Jennifer Olige 12:45pm - 1:45pm	<b>Zumba</b> Group Fitness Room Glenda Morales 12pm - 12:45pm	<b>Line Dancing</b> A/B Studio Jennifer Olige 12:45pm - 1:45pm	<b>Zumba</b> Group Fitness Room April Smith 12pm - 12:45pm
			<b>Cycle</b> Cycle Studio Danielle Shinaberry 12pm - 12:45pm		<b>Yoga</b> A/B Studio Shannon Miller 12pm - 1pm		<b>Forever Fit II</b> A/B Studio Laura Bower 12:10pm - 1:05pm
					<b>Cycle</b> Cycle Studio Danielle Shinaberry 12pm - 12:45pm		
2pm		<b>Zumba</b> Group Fitness Room Mary Vaughn 2pm - 3pm					
3pm		<b>Yoga</b> A/B Studio Ashley Morrison 3:45pm - 4:45pm					
4pm			<b>Barre</b> A/B Studio Anna Waldrop 4:30pm - 5:15pm		<b>Barre</b> A/B Studio Anna Waldrop 4:30pm - 5:15pm		
5pm			<b>Muscle Definition</b> Group Fitness Room Danielle Shinaberry 5pm - 6pm	<b>Step Interval</b> Group Fitness Room Jen Toepfer 5pm - 5:45pm	<b>POUND</b> Group Fitness Room Natalie Buente 5:55pm - 6:35pm	<b>Barre</b> A/B Studio Anna Waldrop 5:30pm - 6:15pm	<b>Power and Pedal</b> Cycle Studio Danielle Shinaberry 5:30pm - 6:30pm
				<b>Barre n Bound</b> A/B Studio Laura Bycroft 5pm - 6pm			<b>BODYPUMP</b> Group Fitness Room Bonnie Garbus 5:45pm - 6:45pm
6pm			<b>Interval Circuit</b> Group Fitness Room Danielle Shinaberry 6:10pm - 6:50pm	<b>BODYPUMP</b> Group Fitness Room Bonnie Garbus 6:15pm - 7:15pm	<b>Cycle</b> Cycle Studio Penny Clinard 6pm - 6:45pm	<b>Zumba</b> Group Fitness Room Mary Vaughn 6:15pm - 7:15pm	
			<b>Tai Chi</b> A/B Studio Thomas Barton 6:15pm - 7:15pm	<b>Yoga</b> A/B Studio Betsy Barrick 6:15pm - 7:15pm	<b>Yoga</b> A/B Studio Selene Weightman 6:30pm - 7:30pm	<b>Yoga</b> A/B Studio Sara McDaris 6:30pm - 7:30pm	
				<b>Cycle</b> Cycle Studio Erica Scott 6:15pm - 7pm	<b>Dance Party</b> Group Fitness Room Melissa Weidman 6:35pm - 7:20pm		
7pm				<b>Zumba</b> Group Fitness Room Thea Browning 7:30pm - 8:15pm	<b>BODYPUMP</b> Group Fitness Room Barb Lydon 7:30pm - 8:30pm	<b>Kickboxing</b> Group Fitness Room Thomas Shellman 7:20pm - 8:15pm	

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