



Athens-McMinn Family YMCA

May 4th - May 10th

P.O. Box 376
Athens, TN 37371
(423) 745-4904

	SAT 4	SUN 5	MON 6	TUE 7	WED 8	THU 9	FRI 10
5am			Advanced Interval Training (AIT) Gymnasium Fred Burke 5am - 6am	Open Gym Gymnasium YMCA Members 5am - 8:30am	Advanced Interval Training (AIT) Gymnasium Fred Burke 5am - 6am	Open Gym Gymnasium YMCA Members 5am - 8:30am	Advanced Interval Training (AIT) Gymnasium Fred Burke 5am - 6am
				LesMills RPM Mayfield Room (Cycling Room) Natosha Ledford 5:15am - 5:45am		LesMills RPM Mayfield Room (Cycling Room) Natosha Ledford 5:15am - 5:45am	
6am			BODYPUMP Kiwanis 1 & 2 Leslie Mahoney 6am - 6:45am		BODYPUMP Kiwanis 1 & 2 Leslie Mahoney 6am - 6:45am		BODYPUMP Kiwanis 1 & 2 Leslie Mahoney 6am - 6:45am
			Open Gym Gymnasium YMCA Members 6am - 8am		Open Gym Gymnasium YMCA Members 6am - 8am		Open Gym Gymnasium YMCA Members 6am - 8am
8am			Aquacise Mrs. Gussie W. Fisher Aquatics Center Laura Adkins 8am - 8:45am	Chair YOGA Mayfield Room (Cycling Room) Nancy Contreras 8am - 8:50am	Cycling Mayfield Room (Cycling Room) Becky Wattenbarger 8am - 8:40am	Child Watch Room Agility & Group Training Room 8am - 11am	Pickleball Gymnasium YMCA Members 8am - 11am
			Cycling Mayfield Room (Cycling Room) Becky Wattenbarger 8am - 8:40am	Child Watch Room Agility & Group Training Room 8am - 11am	Child Watch Room Agility & Group Training Room 8am - 11am	Pickleball Gymnasium YMCA Members 8am - 11am	Cycling Mayfield Room (Cycling Room) Becky Wattenbarger 8am - 8:40am
			Pickleball Gymnasium YMCA Members 8am - 11am	Pickleball Gymnasium YMCA Members 8am - 11am	Pickleball Gymnasium YMCA Members 8am - 11am	Aquacise Mrs. Gussie W. Fisher Aquatics Center Laura Adkins 8:30am - 9:15am	Child Watch Room Agility & Group Training Room 8am - 11am
			Child Watch Room Agility & Group Training Room 8am - 11am	Aquacise Mrs. Gussie W. Fisher Aquatics Center Laura Adkins 8:30am - 9:15am	Aquacise Mrs. Gussie W. Fisher Aquatics Center Laura Adkins 8:30am - 9:15am		Aquacise Mrs. Gussie W. Fisher Aquatics Center Laura Adkins 8:30am - 9:15am
			Aquacise Mrs. Gussie W. Fisher Aquatics Center Laura Adkins 9am - 9:45am	PiYo Kiwanis 1 & 2 Rochel Howe 9:05am - 9:50am	GO Fit Kiwanis 1 & 2 Jamie McCay 9am - 9:50am	PiYo Kiwanis 1 & 2 Rochel Howe 9:05am - 9:50am	GO Fit Kiwanis 1 & 2 Jamie McCay 9am - 9:50am
			GO Fit Kiwanis 1 & 2 Jamie McCay 9am - 9:50am		Power Hour Agility & Group Training Room Will Gaines 9am - 9:50am		Power Hour Agility & Group Training Room Will Gaines 9am - 9:50am
9am			Power Hour Agility & Group Training Room Will Gaines 9am - 9:50am				

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 4	SUN 5	MON 6	TUE 7	WED 8	THU 9	FRI 10
10am			Zumba Gold Kiwanis 1 & 2 Jean Pruitt 10am - 10:45am	FunFit Kiwanis 1 & 2 Hollie Harper 10am - 10:45am	Zumba Gold Kiwanis 1 & 2 Jean Pruitt 10am - 10:45am	FunFit Kiwanis 1 & 2 Hollie Harper 10am - 10:45am	
11am			Open Gym Gymnasium YMCA Members 11am - 8:30pm	Open Gym Gymnasium YMCA Members 11am - 8:30pm	Open Gym Gymnasium YMCA Members 11am - 8:30pm	Open Gym Gymnasium YMCA Members 11am - 8:30pm	Open Gym Gymnasium YMCA Members 11am - 8:30pm
12pm				Kettlebell Training Kiwanis 1 & 2 Carey Holt 12:10pm - 12:40pm		Kettlebell Training Kiwanis 1 & 2 Carey Holt 12:10pm - 12:40pm	
4pm			Zumba Kids Kiwanis 1 & 2 Maggie Witt 4:15pm - 4:45pm				
5pm			Cycling Mayfield Room (Cycling Room) Steve Norwood 5:30pm - 6:30pm	LesMills RPM Mayfield Room (Cycling Room) Natosha Ledford 5:15pm - 6pm	Step Aerobics Mayfield Room (Cycling Room) Denise Roach 5:30pm - 6:15pm		
			Yoga Kiwanis 1 & 2 Nancy Contreras 5:30pm - 6:30pm	BARRE Above Kiwanis 1 & 2 Leslie Mahoney 5:30pm - 6:20pm	Yoga Kiwanis 1 & 2 Nancy Contreras 5:30pm - 6:30pm		
6pm			Aqua Fit Mrs. Gussie W. Fisher Aquatics Center Erica Peden 6:15pm - 7pm			Kettlebell Training Kiwanis 1 & 2 Carey Holt 6pm - 6:30pm	
						Aqua Fit Mrs. Gussie W. Fisher Aquatics Center Erica Peden 6:15pm - 7pm	

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