



Athens-McMinn Family YMCA
November 30th - December 6th

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

	THU 30	FRI 1	SAT 2	SUN 3	MON 4	TUE 5	WED 6
5am	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	Child Watch Room Agility & Group Training Room 8am - 11am	Child Watch Room Agility & Group Training Room 8am - 11am	Child Watch Agility & Group Training Room STAFF Programming 8am - 11am		Pickleball Gymnasium YMCA Members 8am - 11am	Chair YOGA Mayfield Room (Cycling Room) Nancy Contreras 8am - 8:50am	Pickleball Gymnasium YMCA Members 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	Cycling Mayfield Room (Cycling Room) Becky Wattenbarger 8am - 8:40am
	Aquacise Mrs. Gussie W. Fisher Aquatics Center Laura Adkins 8:30am - 9:15am	Pickleball Gymnasium YMCA Members 8am - 11am			Cycling Mayfield Room (Cycling Room) Becky Wattenbarger 8am - 8:40am	Pickleball Gymnasium YMCA Members 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 8:30am - 9:15am
9am	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	PiYo Kiwanis 1 & 2 Rochel Howe 9:05am - 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		Power Hour Agility & Group Training Room Will Gaines 9am - 9:50am
10am							Hollie Jolly Fit-Mas Kiwanis 1 & 2 Hollie Harper 10am - 10:45am

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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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 - 12:45pm					Kettlebell Training Kiwanis 1 & 2 Carey Holt 12:10pm - 12:45pm	
5pm	LesMills RPM Mayfield Room (Cycling Room) Natosha Ledford 5:15pm - 6pm				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 - 6:30pm
	Zumba Kiwanis 1 & 2 Di'ara Moore 5:30pm - 6:30pm				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

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