



Redbud
September 22nd - September 28th

3125 South 32nd
Abilene, TX 79605
(325) 695-3400

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
7am				Cycling Group X Studio Carey YMCA 7:15am - 8:15am			Cycling Group X Studio Carey YMCA 7:15am - 8:15am
8am	Deep Water Pool Ira YMCA 8am - 8:45am	Cycling Group X Studio Natalee YMCA 8:30am - 9:15am	Deep Water Pool Nancy YMCA 8am - 8:45am				
	Yoga Group X Studio Michelle YMCA 8:30am - 9:15am		Yoga Group X Studio Michelle YMCA 8:30am - 9:15am				
9am	Shallow Water Pool Sherry YMCA 9am - 10am	Deep Water Pool Sandra YMCA 9am - 10am	Shallow Water Pool Sherry YMCA 9am - 10am	Shallow Water Pool Cassie YMCA 9am - 10am	Circuit Training Group X Studio Nate YMCA 9:30am - 10:30am		Deep Water Pool Sandra YMCA 9am - 10am
	Senior Strength & Tone Group X Studio Terry YMCA 9:30am - 10:30am	Silver Sneakers Group X Studio Ruby YMCA 9:30am - 10:30am	BOOM Group X Studio Ruby YMCA 9:30am - 10:30am	Silver Sneakers Group X Studio Ruby YMCA 9:30am - 10:30am			Silver Sneakers Group X Studio Ruby YMCA 9:30am - 10:30am
10am					STRONG Group X Studio Leslie YMCA 10:45am - 11:45am		
12pm	STRONG 30 Zoom Felicia YMCA 12pm - 12:30pm	STRONG Zoom Dawn YMCA 12pm - 1pm	STRONG 30 Zoom Chelsea YMCA 12pm - 12:30pm	STRONG Group X Studio Dawn YMCA 12pm - 1pm	Zumba Group X Studio Leslie / Dinara 12pm - 1pm		STRONG Zoom Dawn YMCA 12pm - 1pm
	STRONG 30 Group X Studio Felicia YMCA 12pm - 12:30pm	STRONG Group X Studio Dawn YMCA 12pm - 1pm	STRONG 30 Group X Studio Chelsea YMCA 12pm - 12:30pm	STRONG Zoom Dawn YMCA 12pm - 1pm			STRONG Group X Studio Dawn YMCA 12pm - 1pm
	Pilates Group X Studio Dawn YMCA 12:45pm - 1:15pm		Pilates Group X Studio Dawn YMCA 12:45pm - 1:15pm				
	Pilates Zoom Dawn YMCA 12:45pm - 1:15pm		Pilates Zoom Dawn YMCA 12:45pm - 1:15pm				
4pm				Hip Hop Group X Studio Felicia YMCA 4:45pm - 5:25pm			
				Hip Hop Zoom Felicia YMCA 4:45pm - 5:25pm			
5pm	STRONG Group X Studio Felicia YMCA 5:30pm - 6:30pm	Circuit Training Group X Studio Carlos YMCA 5:30pm - 6:30pm	Water Volleyball Pool Misty YMCA 5:30pm - 6:30pm	STRONG Group X Studio Leslie YMCA 5:30pm - 6:30pm			Water Volleyball Pool Sherry YMCA 5:30pm - 6:30pm

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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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
6pm	Deep Water Pool Misty YMCA 5:30pm - 6:30pm		Train like Spartan (TLS) Group X Studio YMCA Instructor 5:30pm - 6:30pm				Circuit Training Group X Studio Carlos YMCA 5:30pm - 6:30pm
	STRONG Zoom Felicia YMCA 5:30pm - 6:30pm						
	Cycling Group X Studio Michelle YMCA 6:30pm - 7pm						STRONG 30 Group X Studio Dawn YMCA 6:30pm - 7pm
							STRONG 30 Zoom Dawn YMCA 6:30pm - 7pm

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