



YMCA of Greene County
October 11th - October 17th

404 Y St
GREENEVILLE, TN 37745
(423) 639-6107

	FRI 11	SAT 12	SUN 13	MON 14	TUE 15	WED 16	THU 17
5am	Rise and Grind Group Exercise Studio Rhonda Howell 5:30am - 6:30am			Rise and Grind Group Exercise Studio Rhonda Howell 5:30am - 6:30am		Rise and Grind Group Exercise Studio Rhonda Howell 5:30am - 6:30am	
6am					Self Defense Youth Gym Al Torres 6:30am - 7:30am		Self Defense Youth Gym Al Torres 6:30am - 7:30am
					Athletic Stretching Group Exercise Studio Dillon Seaton 6:45am - 7:30am		Athletic Stretching Group Exercise Studio Dillon Seaton 6:45am - 7:30am
8am	Aqua Stretch Pool Sue Hoover 8am - 8:30am	Yoga Flow Group Exercise Studio Rachel News 8am - 8:55am		Aqua Stretch Pool Sue Hoover 8am - 8:30am	Aqua Stretch Pool Ellen Bailey 8am - 8:30am	Spin Group Exercise Studio 2 Holly Morelock 8am - 9am	Vinyasa Yoga Group Exercise Studio Rachel News 8am - 8:55am
	Spin Group Exercise Studio 2 Holly Morelock 8am - 9am			Dance and Sculpt Group Exercise Studio Rhonda Howell 8am - 8:50am	Vinyasa Yoga Group Exercise Studio Rachel News 8am - 8:55am	Aqua Stretch Pool Sue Hoover 8am - 8:30am	Aqua Stretch Pool Ellen Bailey 8am - 8:30am
	RIP Group Exercise Studio Margo Olmsted 8:15am - 9am			Spin Group Exercise Studio 2 Holly Morelock 8am - 9am	Water Fit Pool Ellen Bailey 8:30am - 9:30am	Dance and Sculpt Group Exercise Studio Rhonda Howell 8am - 8:50am	Water Fit Pool Ellen Bailey 8:30am - 9:30am
	Aqua Dance Pool Sue Hoover 8:30am - 9:30am						
9am	Dance Fit Group Exercise Studio Margo Olmsted 9:15am - 9:45am	Upper Body Workout Group Exercise Studio Mandy McDonald 9:15am - 10am		Country Fit Group Exercise Studio Rhonda Howell 9am - 10am	Strength & Sculpt Group Exercise Studio Lisa LaTour 9:15am - 10am	Country Fit Group Exercise Studio Rhonda Howell 9am - 10am	Strength & Sculpt Group Exercise Studio Lisa LaTour 9:15am - 10am
				Cycle + Core Group Exercise Studio 2 Victoria Stone 9:30am - 10:15am			
10am	Yoga Fusion Group Exercise Studio Margo Olmsted 10am - 11am			Yoga Group Exercise Studio Stacy Doyle 10:15am - 11:15am	Balance & Mobility Adult Gym Nancy/ Renee 10am - 11am	Yoga Group Exercise Studio Sue Richard 10:15am - 11am	Balance & Mobility Adult Gym Nancy/ Renee 10am - 11am
					Barre Group Exercise Studio Danielle Price 10:15am - 11am		Barre Group Exercise Studio Danielle Price 10:15am - 11am
11am	Yoga Group Exercise Studio Amanda Groesser 11:15am - 12:15pm	Gentle Water Fit Pool Linda Trollinger 11am - 12pm			Gentle Water Fit Pool Linda Trollinger 11am - 12pm		Gentle Water Fit Pool Linda Trollinger 11am - 12pm

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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	FRI 11	SAT 12	SUN 13	MON 14	TUE 15	WED 16	THU 17
					Parkinson's Youth Gym Nancy Southerland 11:15am - 12pm		Parkinson's Youth Gym Nancy Southerland 11:15am - 12pm
					Yoga Group Exercise Studio Danielle Price 11:15am - 12pm		Yoga Group Exercise Studio Danielle Price 11:15am - 12pm
1pm						Home-School PE (K-8) Youth Gym Shiloh Gass 1pm - 2pm	
4pm				Kids in Motion (Ages 5-12) Youth Gym Shiloh Gass 4pm - 5pm	Tabata Tuesday Group Exercise Studio Jolynn Doty 4:15pm - 5pm		Kids in Motion (Ages 5-12) Youth Gym Shiloh Gass 4pm - 5pm
				Step Challenge Group Exercise Studio Jolynn Doty 4:15pm - 5pm			Shred Group Exercise Studio Jolynn Doty 4:15pm - 5pm
5pm	Yoga with a Focus Group Exercise Studio Lena McNeese 5pm - 5:55pm			Water Fit Pool Linda Trollinger 5pm - 6pm	Water Fit Pool Linda Trollinger 5pm - 6pm	Yoga Group Exercise Studio Sheila Rai 5:15pm - 5:55pm	Water Fit Pool Linda Trollinger 5pm - 6pm
				Yoga Flow Group Exercise Studio Rachel News 5:10pm - 6pm	Strength & Sculpt Group Exercise Studio Margo Olmsted 5:15pm - 6pm		
6pm	Lower Body Workout Group Exercise Studio Mandy McDonald 6:15pm - 7pm			RIP Group Exercise Studio Denise Johnston 6:30pm - 7:30pm	Warm Yoga Group Exercise Studio Rachel News 6:30pm - 7:30pm	RIP Group Exercise Studio Denise Johnston 6:30pm - 7:30pm	Warm Yoga Group Exercise Studio Rachel News 6:30pm - 7:30pm

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