







Cherokee County Family YMCA Group Fitness Schedule January 2018

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

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|----|--|--|--|--|--|---|
| 1 | HAPPY NEW YEAR  CLOSED | 2 A 8:00 Kick It - BW A 9:00 Cardio-Interval-BW M 9:15 SilverSneakers – RB M 10:15 SilverSneakers –BT A 4:30 Total Body --SC M 5:30 The Ride--KO A 5:30 Zumba -KP A 6:30 Body Intense-SJC | 3 M 8:00The Ride –SC A 9:00 Body Intense -SC M 9:15 SilverSneakers –RB A 10 :15 Get in Line-SC A 4:30 R-YOGA- KL *Restorative M 5:30 The Ride –SC | 4 A 8:00 YOGA -KL A 9:00 Cardio-Interval- SC M 9:15 SilverSneakers – RB M 10:15 SilverSneakers –NM A 4:30 Total Body--SC A 5:30 Step--KO A 6:30 Above the Barre -MM | 5 M 8:00 The Ride –BW A 9:00 Body Intense -SC M 9:15 SilverSneakers –RB A 10 :15 Outside the Line KP A 4:30 YOGA-KL  | 6 M 9:00 The Ride - SJC A 9:00 YOGA - KL A 10:00 Zumba-KP  |
| 7 | 8 M 8:00 The Ride –BW A 9:00 Body Intense –BT M 9:15 SilverSneakers –RB A 10:15 Cardio-Interval–NM M 10:15SilverSneakers –BW A4:30 YOGA -KL A 5:30 Cardio Pump-SJC A 6:30 Cardio Xpress-MM | 9 A 8:00 Step -SC A 9:00 Cardio-Interval–SC M 9:15 SilverSneakers –BT M 10:15 SilverSneakers –RB A 4:30 Total Body --SC M 5:30 The Ride-SJC A 5:30 Zumba-KP A 6:30 Above the Barre -MM | 10 M 8:00 The Ride –BW A 9:00 Body Intense -SC M 9:15SilverSneakers –BW A 10 :15 Get in Line-SC A 4:30 Yoga-KL M 5:30 The Ride-KO | 14 A 8:00 Yoga-KL A 9:00 Cardio-Interval–BW M 9:15SilverSneakers –NM M 10:15 SilverSneakers –RB A 4:30 Total Body - SC A 5:30 Ball Pilates --SJC A 6:30 Body INTENSE -SJC | 12 M 8:00 Tabata Ride -SC A 9:00 Body Intense -SC 9:15 SilverSneakers -BW A 10 :15 Outside the Line-KP A 4:30 YOGA –KL  | 13 M 9:00 The Ride-SJC A 9:00 YOGA –KL A 10:00 Zumba-KP  |
| 7 | 15 M 8:00 The Ride –BW A 9:00 Body Intense –BW M 9:15 SilverSneakers –NM A10:15 Cardio-Interval–BT M 10:15SilverSneakers – RB A4:30 YOGA -KL A 5:30 Cardio Pump-SJC A 6:30 Cardio Xpress-MM | 16 A 8:00 Kick It - BW A 9:00 Cardio-Interval–BW M 9:15 SilverSneakers – RB M 10:15 SilverSneakers –BT A 4:30 Total Body --SC M 5:30 The Ride--KO A 5:30 Zumba -KP A 6:30 Above the Barre -MM | 17 M 8:00The Ride -SC A 9:00 Body Intense -SC M 9:15 SilverSneakers –RB A 10 :15 Get in Line-SC A 4:30 R-YOGA- KL *Restorative M 5:30 The Ride –SC | 18 A 8:00 YOGA -KL A 9:00 Cardio-Interval- SC M 9:15 SilverSneakers – RB M 10:15 SilverSneakers –BW A 4:30 Total Body--SC A 5:30 Step--SC A 6:30 Body INTENSE -KO | 19 M 8:00 The Ride –BW A 9:00 Body Intense -SC M 9:15 SilverSneakers –RB A 10 :15 Outside the Line KP A 4:30 Pilates YOGA-BW | 20 M 9:00 NO Ride NO YOGA Basketball Pics A 9:00 Beat IT -KP A 10:00 Zumba-KP  |
| 21 | 22 M 8:00 The Ride –BW A 9:00 Body Intense –BW M 9:15 SilverSneakers –NM A 10:15 Cardio-Interval–RB M 10:15SilverSneakers –NM A4:30 YOGA -KL A 5:30 Cardio Pump-SJC A 6:30 Cardio Xpress-MM | 23 A 8:00 Step -SC A 9:00 Cardio-Interval–SC M 9:15 SilverSneakers –BT M 10:15 SilverSneakers –RB A 4:30 Total Body --SC M 5:30 The Ride-KO A 5:30 Zumba-KP A 6:30 Above the Barre -MM | 24 M 8:00The Ride –BW A 9:00 Body Intense-SC M 9:15 SilverSneakers –BW A 10 :15 Get in Line-SC A4:30 YOGA-KL M 5:30 The Ride -KO | 25 A 8:00 Pilates Yoga -BW A 9:00 Cardio-Interval-BW M 9:15 SilverSneakers --NM M 10:15 SilverSneakers –RB A 4:30 Total Body --SC A 5:30 Step--KO A 6:30 Body INTENSE -SJC | 26 M 8:00 Tabata Ride -SC A 9:00 Body Intense -SC 9:15 SilverSneakers -BW A 10 :15 Outside the Line-KP A 4:30 Pilates YOGA –BW  | 27 M 9:00 The Ride--KO A 9:00 Pilates YOGA – BW A 10:00 Zumba -KP  |
| 28 | 29 M 8:00 The Ride –BW A 9:00 Body Intense –BW M 9:15 SilverSneakers –NM A10:15 Cardio-Interval– BT M 10:15SilverSneakers – RB A4:30 YOGA -KL A 5:30 Cardio Pump-KO A 6:30 Cardio Xpress-MM | 30 A 8:00 Kick It - BW A 9:00 Cardio-Interval–BW M 9:15 SilverSneakers – RB M 10:15 SilverSneakers –BT A 4:30 Total Body --SC M 5:30 The Ride--SC A 5:30 Zumba -KP A 6:30 Body Intense-SJC | 31 M 8:00The Ride –SC A 9:00 Body Intense -SC M 9:15 SilverSneakers –RB A 10 :15 Get in Line-SC A 4:30 R-YOGA- KL *Restorative M 5:30 The Ride –SC | YMCA Instructors RB - Ree Batton SC – Susan Cash SJC- Sarah JoColeman KL – Karen Lydon MM- Mimi McCully | NM- Nikki Martin KO– Kelley Oglesby KP- KimParris BT- Becky Tolleson BW– Bonnie Walker RW–Regina Wallace | NO JOINING FEE IN JANUARY |