



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BARREN COUNTY FAMILY YMCA
1 YMCA Way Glasgow, KY 42141
P: 270-651-9622 F: 270-651-4986

www.barrencountyyymca.org

Group Land Class Schedule

WINTER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM-6:15AM				5:30AM-6:15AM		
Cycling Peggy				Cycling Jenn Tank		
6:45AM-7:45AM		6:45AM-7:45AM		6:45AM-7:45AM		
Gentle Yoga Peggy		Active Yoga Peggy		Gentle Yoga Peggy		
8:15AM-9:00AM	8:15AM-9:00AM	8:15AM-9:00AM	8:15AM-9:00AM	8:15AM-9:00AM	8:00AM-8:45AM	
Cycling Mary P.	**TRX** Tina/Fallis	Weights & More Lindy	Boot Camp Tina /Lindy	Boxing Circuit Lindy/Laura	Zumba Marla/Carissa	
	Cycling Shani	Cycling Tina	Cycling Shani	Cycling Kathy	Cycling Kerry/Leslie/Jen T.	
	9:15AM-10:00AM	9:15-10:15AM	9:15AM-10:00AM	9:15AM-10:00AM	9:00AM-10:00AM	
	Easy Stretch Terry	Pilates Mary E.	Easy Stretch Terry	Pilates & More Pamela	Yoga Todd	
10:15AM-11:05AM	10:15AM-11:05AM	10:15-11:15AM	10:15AM-11:05AM	10:15AM-11:05AM	10:00AM-10:45AM	
Silver Sneakers Yoga Terry	Silver Sneakers Donita	Restorative Yoga Mary E.	Silver Sneakers Donita	Prime Time Sculpt Donita	Barbell & Kettlebells Jason	
Prime Time Sculpt Donita		Easy Stetch Terry		11:00AM-12:00PM		
11:00AM-12:00PM	4:30PM-5:15PM	11:00-12:00AM	5:15PM-6:05PM	Enhanced Fitness Fallis		3:30PM-4:30PM
Enhanced Fitness Fallis	Strength Training w/Weights Jason	Enhanced Fitness Fallis	Fast Lean Fit Fallis/Lindy			Zumba Marla/Cassandra/ Carissa
4:30pm-5:15pm Yoga Mary E.		4:30PM-5:15PM Total Body Workout Sherri				
5:30PM-6:30PM	5:30PM-6:30PM	5:30PM-6:30PM	5:00PM-5:45PM			
Insanity Jason	Zumba Marla	Boot Camp Jason	Cycling Treva			
5:15PM-6:00PM	5:30PM-6:15PM	5:30PM-6:15PM		5:30PM-6:30PM		
Cycling Leslie	Cycling Jessica	Cycling Video Instructed		Zumba Cassandra		
6:30PM-7:30PM	6:30PM-7:30PM	6:30PM-7:30PM				
Zumba Carissa	Amazing Abs Jason	Zumba Marla/Cassandra				

****Participants must sign up in order to participate in these classes. Only 12 participants at a time. Please sign up, on the day of class, at the Welcome Center. ****