



Fitness Schedule / Aerobics Room
YMCA of Ross County
Winter 2019

100 Mill Street
Chillicothe, Ohio 45601
740.772.4340

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM							
6:00 AM		Spin Stephanie Adkins 6am-7am		Spin Stephanie Adkins 6am-7am			
7:00 AM							
8:00 AM		Silver Sneakers Gwen McLaughlin 8am-8:45am		Silver Sneakers Gwen McLaughlin 8am-8:45am			
9:00 AM	Tabata & Strength Chelsea Jaruwannakorn 9am-10am	Tabata & Strength Chelsea Jaruwannakorn 9am-10am	Strength Lydia Linton 9-10am	Total Fitness Kim Lafreniere 9-10am	Instructor's Choice Chelsea / Kim / Sasha / Lydia 9-10am	Kickboxing Audrey Barker 9-10am	
10:00 AM		Vinyasa Flow Yoga Sasha Wilson 10:15-11:15am	PraiseMoves Amanda Stewart 10-11am			PraiseMoves Amanda Stewart 10-11am	
11:00 AM							
12:00 PM							
1:00 PM	Enhance Fitness Lydia Linton 1:30-2:30pm	Silver Sneakers Patty Dunseith 1:30-2:30pm	Enhance Fitness Lydia Linton 1:30-2:30pm	Silver Sneakers Patty Dunseith 1:30-2:30pm	Enhance Fitness Lydia Linton 1:30-2:30pm		
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM		Slide n Sculpt Tara Knisley 5-5: 30pm					
5:00 PM	Zumba Toning Jerri Crabtree 5:30-6:30pm	Spin Tara Knisley 5:30-6:30pm	Zumba Toning Jerri Crabtree 5:30-6:30pm	Zumba Natasha R / Steph 5:30-6:30pm			
6:00 PM	Intro to Cardio & Strength Myranda Vance 6:30-7:30pm	Aqua Zumba Joanne Jepson 6:30-7:30pm		Spin Cindy Freeman 6:30-7:30pm			
7:00 PM		Zumba Natasha R / Steph 6:30-7:30pm		Aqua Zumba Joanne Jepson 6:30-7:30pm			
8:00 PM							