



Upstairs aerobics @ Plainview YMCA

July 30th - August 6th

313 Ennis
Plainview, TX 79072
806-293-8319

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Toning Mandy Steen 5:30am - 6:15am	Toning Mandy Steen 5:30am - 6:15am		Toning Mandy Steen 5:30am - 6:15am			
6am					Yoga David Gary 6:30am - 7:30am		
8am	Step & Sculpt Cyndy Walter 8:30am - 9:30am	Muscle Pump Buffy Dempsey 8:30am - 9:30am	Step & Sculpt Cyndy Walter 8:30am - 9:30am	Muscle Pump Buffy Dempsey 8:30am - 9:30am	Ultimate HIIT Brandi Barnett 8:30am - 9am	Yoga David Gary 8am - 9am	
6pm		Stability Ball Nila Ball 6pm - 7pm		Step & Sculpt Nila Ball 6pm - 7pm			
7pm		Toning Chelsea Rushing 7:15pm - 8:15pm		Toning Chelsea Rushing 7:15pm - 8:15pm			

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.