



**GROUP CLASSES**  
**Plainview YMCA**  
 December 26th - August 1st

313 Ennis  
 Plainview, TX 79072  
 806-293-8319

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Toning</b> Upstairs aerobics Mandy Steen 5:30am - 6:15am	<b>Toning</b> Upstairs aerobics Mandy Steen 5:30am - 6:15am		<b>Toning</b> Upstairs aerobics Mandy Steen 5:30am - 6:15am			
<b>8am</b>	<b>Step &amp; Sculpt</b> Upstairs aerobics Cyndy Walter 8:30am - 9:30am	<b>Muscle Pump</b> Upstairs aerobics Buffy Dempsey 8:30am - 9:30am	<b>Step &amp; Sculpt</b> Upstairs aerobics Cyndy Walter 8:30am - 9:30am	<b>Muscle Pump</b> Upstairs aerobics Buffy Dempsey 8:30am - 9:30am	<b>Ultimate HIIT</b> Upstairs aerobics Brandi Barnett 8:30am - 9am		
<b>10am</b>		<b>Senior Strength</b> Gym Janice Miller 10am - 10:45am		<b>Senior Strength</b> Gym Janice Miller 10am - 10:45am			
<b>5pm</b>	<b>Toning</b> Upstairs aerobics Chelsea Rushing 5:15pm - 6:15pm						
<b>6pm</b>		<b>Stability Ball</b> Upstairs aerobics Nila Ball 6pm - 7pm					

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.