



**GROUP FITNESS**  
**Plainview YMCA**  
 November 22nd - November 29th

313 Ennis  
 Plainview, TX 79072  
 806-293-8319

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Toning</b> Upstairs aerobics Mandy Steen 5:30am - 6:15am	<b>Toning</b> Upstairs aerobics Mandy Steen 5:30am - 6:15am	<b>Spin</b> Spin Room (upstairs) Lana Branam 5:30am - 6:15am	<b>Toning</b> Upstairs aerobics Mandy Steen 5:30am - 6:15am	<b>Spin</b> Spin Room (upstairs) Lynda Reagan 5:30am - 6:15am		
	<b>Spin</b> Spin Room (upstairs) Teacher Rotation 5:30am - 6:15am						
8am	<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		
9am	<b>Spin</b> Spin Room (upstairs) Brandi Barnett 9:15am - 10:15am		<b>Spin</b> Spin Room (upstairs) Brandi Barnett 9:15am - 10:15am			<b>Spin</b> Spin Room (upstairs) Teacher Rotation 9am - 10am	
10am	<b>Senior Stretch</b> Party Room Jennifer Perez 10am - 10:30am	<b>Senior Strength</b> Party Room Teacher Rotation 10am - 10:45am	<b>Senior Stretch</b> Party Room Jennifer Perez 10am - 10:30am	<b>Senior Strength</b> Party Room Teacher Rotation 10am - 10:45am			
6pm	<b>Spin</b> Spin Room (upstairs) Lisa Davis 6:30pm - 7:30pm	<b>Stability Ball</b> Upstairs aerobics Nila Ball 6pm - 7pm		<b>Step &amp; Sculpt</b> Upstairs aerobics Nila Ball 6pm - 7pm			
		<b>Spin</b> Spin Room (upstairs) Trisha Watson 6:30pm - 7:15pm		<b>Spin</b> Spin Room (upstairs) Trisha Watson 6:30pm - 7:15pm			
7pm		<b>Toning</b> Upstairs aerobics Chelsea Rushing 7pm - 8pm		<b>Toning</b> Upstairs aerobics Chelsea Rushing 7pm - 8pm			

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.