



Group Exercise
 Plainview YMCA
 October 9th - October 16th

313 Ennis
 Plainview, TX 79072
 806-293-8319

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Toning Upstairs aerobics Mandy Steen 5:30am - 6:15am	Toning Upstairs aerobics Mandy Steen 5:30am - 6:15am		Toning Upstairs aerobics Mandy Steen 5:30am - 6:15am			
8am	Step & Sculpt Upstairs aerobics Cyndy Walter 8:30am - 9:30am	Muscle Pump Upstairs aerobics Buffy Dempsey 8:30am - 9:30am	Step & Sculpt Upstairs aerobics Cyndy Walter 8:30am - 9:30am	Muscle Pump Upstairs aerobics Buffy Dempsey 8:30am - 9:30am	Ultimate HIIT Upstairs aerobics Brandi Barnett 8:30am - 9am		
10am		Senior Strength Party Room Teacher Rotation 10am - 10:45am		Senior Strength Party Room Teacher Rotation 10am - 10:45am			
6pm		Stability Ball Upstairs aerobics Nila Ball 6pm - 7pm		Step & Sculpt Upstairs aerobics Nila Ball 6pm - 7pm			
7pm		Toning Upstairs aerobics Chelsea Rushing 7:15pm - 8:15pm		Toning Upstairs aerobics 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.