



Group Exercise @ the YMCA
Upstairs aerobics @ Plainview YMCA
May 6th - May 12th

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			
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		
5pm	Toning Chelsea Rushing 5pm - 6pm						
6pm		Stability Ball Nila Ball 6pm - 7pm		Kickboxing Donita Smiley 6:30pm - 7:30pm			

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.