



GROUP EXERCISE  
 Plainview YMCA  
 January 2nd - January 1st

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>Toning</b> Upstairs aerobics Mandy Steen 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		
10am		<b>Senior Strength</b> Gym Janice Miller 10am - 10:45am		<b>Senior Strength</b> Gym Janice Miller 10am - 10:45am			
5pm	<b>Toning</b> Upstairs aerobics Chelsea Rushing 5pm - 6pm						
6pm		<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.