



**Thursday**

**A B C Mind, Body & Spirit**

		<b>Group Cycle</b> Beth 5:05 - 6:00a	
<b>BODYCOMBAT</b> Paula 5:45 - 6:45a		<b>Group Cycle</b> Kristin 6:00 - 7:00a	
<b>BODYATTACK</b> Tracey 8:30 - 9:30 a.m.			
<b>Zumba</b> Marleine 9:30 - 10:30a	<b>Stretch &amp; Tone</b> Heidi 9:30 - 10:30a	<b>Group Cycle</b> Katie 9:30 - 10:30a	
<b>AbSolution</b> Ruben 10:30 - 11:00a			<b>BODYFLOW</b> Melba 10:30 - 11:30a
<b>BODYSTEP Exp.</b> Amanda 11:30 - 12:30p		<b>Group Cycle</b> Susan 11:30 - 12:30p	
<b>MS Fitness</b> Julie/Seth 2:00 - 3:00p			
<b>Step</b> Barbara 4:15 - 5:20p			
<b>BODYCOMBAT</b> Joye 5:20 - 6:20p	<b>Beg Karate</b> Master Willis 5:00 - 6:00p	<b>Group Cycle</b> Diana 5:20 - 6:20p	<b>Mom &amp; Me Yoga</b> Eve 5:00 - 5:45p
<b>BODYATTACK</b> Amy 6:30 - 7:30p	<b>Int/Adv Karate</b> Master Willis 6:00 - 7:00p	<b>Group Cycle</b> Christy 6:30 - 7:30p	<b>BODYFLOW</b> Alexandra 6:30 - 7:30p
<b>BODYPUMP</b> Amy 7:40 - 8:40p	<b>BODYJAM</b> Jennifer 7:40 - 8:40p		<b>Belly Dancing</b> Taisir 7:40 - 8:40p

visit: [www.firstcoastymca.org](http://www.firstcoastymca.org)  
for most current schedule

**Friday**

**A B C Mind, Body & Spirit**

<b>BODYPUMP</b> Cathi 5:45 - 6:45a		<b>Group Cycle</b> Tony 6:00a - 7:00a	
<b>Circuit Train</b> Ruben 8:15 - 9:15a			
<b>BODYPUMP</b> Amanda 9:30 - 10:30a	<b>Interm. Pilates</b> Sherrill 9:30 - 10:30a		<b>Gentle Yoga</b> Didier 9:30 - 10:30a
<b>BODYCOMBAT</b> Joye 10:30 - 11:30a	<b>Kid's Yoga</b> Eve 10:30 - 11:30a	<b>Group Cycle</b> Christy 10:30 - 11:30a	<b>Int Yoga</b> Didier 10:30 - 11:30a
<b>BODYPUMP</b> Tracey 11:30a - 12:30p	<b>Line Dancing</b> Dawn 11:30a - 12:30p	<b>Low Impact Gym w/ Heidi</b> 10:30 - 11:30a	
	<b>Pilates Reform</b> Sherill 12:30 - 1:30p		<b>Fitness Yoga</b> Sharla 12:30 - 1:30p
		<b>Group Cycle</b> Susan P 4:30 - 5:30p	
<b>BODYPUMP</b> John 5:20 - 6:20p	<b>Cardio Kids</b> Nancy Jo 5:30 - 6:30p		<b>Absolution</b> Jeff 5:30 - 6:00p
<b>Zumba</b> Marleine 6:30 - 7:30p	<b>Kyds Fit</b> Staff 7:00 - 8:00p		<b>Yoga</b> Aimee 6:30 - 7:30p

**NOTE: All Group Exercise Classes beginning with "BODY" are Les Mills trademark.**

**Saturday**

**A B C Mind, Body & Spirit**

<b>BODYPUMP</b> Joye/Kristen 7:30 - 8:30a	<b>Pilates Reform</b> Sherill 7:30 - 8:30a	<b>Group Cycle</b> Rita 7:30 - 8:30a	
<b>BODYSTEP Exp.</b> Amanda 8:30 - 9:20a		<b>Group Cycle</b> Diana 9:00 - 10:00a	<b>Pilates</b> Sherrill 8:30 - 9:30a
<b>BODYPUMP</b> Jeri Jo 9:30 - 10:30a	<b>Pilates Reform</b> Sherill 9:30 - 10:30a		<b>BODYFLOW</b> Tracey/Melba 9:30 - 10:30a
<b>BODYCOMBAT</b> Cathi 10:30 - 11:30a	<b>Zumba</b> Gym w/ Christine 10:30 - 11:30a	<b>Group Cycle</b> Sarah 10:30 - 11:30a	<b>Fitness Yoga</b> Sherrill 10:30 - 11:30a

**Sunday**

**A B C Mind, Body & Spirit**

		<b>Group Cycle</b> Sarah/Tony 9:00 - 10:00a	
<b>BODYPUMP</b> Kylee 2:00 - 3:00p			
<b>BODYSTEP</b> Kylee 3:00 - 4:00p			
<b>Zumba</b> John 4:00 - 5:00p			<b>Fitness Yoga</b> Gabe 4:00 - 5:00p

\* Kids Hip Hop starts week of June 15

**Updates to Schedule Fee Based Program**



**Mind, Body  
& Spirit**