

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KETTLEBELL 5:45 AM JIM	XCO LATIN BY JACKIE 7:00 AM YURI	KETTLEBELL 5:45 AM JIM		KETTLEBELL 5:45 AM JIM
GROUP POWER 8:00 AM PAM	DANCE AEROBICS 8:00 AM KATHY	STRONG LAB 8:00 AM TESS	DANCE AEROBICS 8:00 AM KATHY	AMRAPs, EMOMs AND MORE!! (AEM CLASS) 8:00 AM TAMY
YOGA 9:00 AM MEGAN/ ANGIE	Explore Yoga 9:00AM RHIANNA SPIN 9:00AM DENISE / CHASITY	YO-FLEX 9:00 AM TINA	GROUP POWER 9:00 AM PAM	SPIN AND SCULPT / HIIT 9:00 AM DENISE
SENIOR FITNESS 10:00AM Carol Ann	LINEDANCING! Autumn/ Amy/ Sherry 10:00AM	SENIOR FITNESS 10:00 AM CAROL ANN	Pilates 10:00AM Megan	SENIOR FITNESS 10:00AM CAROL ANN
LEVEL UP! 11:00AM MARIA	GROUP POWER 12:00 PM PAM	LEVEL UP!@ 11:00AM MARIA	GROUP POWER 12:00 PM PAM	LEVEL UP! @ 11:00AM Maria
CARDIO KICK 12:00 PM PAM	SCULPT 1:00pm PATTY	FUNCTIONAL FITNESS 12:00Pm DAVID NEW!		CORE REHAB FLOW 12:00 PM WITH MEGAN Core focus and Deep Stretch
ZUMBA!! 5:15 pm LIZ	SCULPT 4:30PM DAWN	SCULPT 1:00 PM PATTY NO CLASS 9/23	GROUP POWER 6:00 PM TESS	NOW ON SATURDAYS XCO LATIN BY JACKIE WITH YURI @ 8 AM 9/5 , 9/19 NO CLASS
GROUP POWER 6:30 PM TESS	30 Min Yoga Flow 5:45pm DAWN			
	NEW/CANCELLED CLASS ALERT: EMAIL megans@gapiedmontymca.org to be put on the list			