

Lee Branch YMCA

Summer 2011 Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45-6:30 am		Spin Anita			Spin Anita
9:00-10:00 am	30-Min Circuit Express Fit coach		30-Min Circuit Express Fit Coach		
4:30-5:15 pm	AerobicTone Pam		AerobicTone Pam		
4:30-5:30 pm		Xfit Deanna		Sports Yoga Donnette	
5:15-6:00 pm	Pilates Pam		Pilates Pam		
5:45-6:15 pm		Quick Spin Deanna		Quick Spin Donnette	
6:00-6:45pm	Spin Anita		Spin Anita		
6:30-7:15pm		Family Dance It Off Denise		Family Dance It Off Denise	

Youth 12 and above may participate in the adult classes. Youth eight years of age and older may participate in the Family classes. Classes with six or fewer participants are subject to cancellation.

316 Robert B. Lee Drive

Hours of Operation

Monday-Friday 6:00am - 8:00 pm

Saturday 8:00 am - 6:00 pm

Phone: 229.759.9770



YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

For Youth Development - For Healthy Living - For Social Responsibility