



Danville Family YMCA – Group Fitness Schedule – April 2019


<p align="center">1</p> <p>6:00 Cycle Don 8:00 GP/STT David 9:30 Pilates Megin 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Letitia 5:30 GP/STT Robin 5:30 Cycle Cindy 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Lorrie</p>	<p align="center">2</p> <p>5:30 *Box and Sculpt Jon 6:00 HIT Travis 6:00 Yoga Letitia 8:00 Body Blast Nash 8:00 TRX Tammy 9:15 WIM Madison 9:15 Cycle Laura 10:30 Yoga Frank 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Robin 5:30 Step Mix William 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sculpt Gingy</p>	<p align="center">3</p> <p>5:45 STT/GP David 8:00 STT/GP Karen 9:30 Pilates Megin 10:30 Silver Shuffle/Line Dance Chrystal 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 Cycle 30 w/abs Robin 5:30 Cardio Mix William 5:30 TRX Letitia 6:40 Power Yoga Casey</p>	<p align="center">4</p> <p>6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 10:30 Yoga Frank 4:30 GP/STT Robin 5:30 *Box and Sculpt Jon 5:40 Zumba Valerie 5:40 Yoga Letitia 6:40 Kung Fu Chad</p>	<p align="center">5</p> <p>5:30 *Box and Sculpt Jon 6:00 HITT Travis 8:00 STT/GP Greg 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 Cycle Laura 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:30 Cycle Cindy 5:30 NO POUND!</p>	<p align="center">6</p> <p>8:15 Cardio Mix Katie 9:30 Cycle 30 w/abs 9:30 BARRE SCULPT Gingy 10:30 Yoga Frank 11:00 Silver Sneakers Wanda</p> <hr/> <p align="center">7</p> <p>2:00 Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Randy</p>
<p align="center">8</p> <p>6:00 Cycle Don 8:00 GP/STT Karen 9:30 Pilates Megin 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Letitia 5:30 GP/STT Robin 5:30 Cycle Letitia 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Lorrie</p>	<p align="center">9</p> <p>5:30 *Box and Sculpt Jon 6:00 HIT Travis 6:00 Yoga Casey 8:00 Body Blast Nash 8:00 TRX Chad 9:15 WIM Madison 9:15 Cycle Laura 10:30 Yoga Frank 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Madison 5:30 Step Mix Katie 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sculpt Gingy</p>	<p align="center">10</p> <p>5:45 STT/GP David 8:00 STT/GP Greg 9:30 Pilates Megin 10:30 Silver Shuffle/Line Dance Chrystal 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 Cycle 30 w/abs Letitia 5:30 Cardio Mix William 5:30 TRX Letitia 6:40 Power Yoga Casey</p>	<p align="center">11</p> <p>6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 10:30 Yoga Frank 4:30 GP/STT Greg 5:30 *Box and Sculpt Jon 5:40 Zumba Valerie 5:40 Yoga Letitia 6:40 Kung Fu Chad</p>	<p align="center">12</p> <p>5:30 *Box and Sculpt Jon 6:00 HITT Travis 8:00 STT/GP David 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 Cycle Laura 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:30 Cycle Letitia 5:30 POUND! Lauren</p>	<p align="center">13</p> <p>8:15 Cardio Mix William 9:30 Cycle 30 w/abs Letitia 9:30 Zumba Jackie 10:30 Yoga Letitia 11:00 Silver Sneakers Donna</p> <hr/> <p align="center">14</p> <p>2:00 Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Randy</p>
<p align="center">15</p> <p>6:00 Cycle Don 8:00 GP/STT Greg 9:30 Pilates Megin 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Letitia 5:30 GP/STT Robin 5:30 Cycle Cindy 6:40 *Box and Sculpt Ronnie 6:40 Zumba Valerie 6:40 Power Yoga Lorrie</p>	<p align="center">16</p> <p>5:30 *Box and Sculpt Jon 6:00 HIT Travis 6:00 Yoga Casey 8:00 Body Blast Nash 8:00 TRX Chad 9:15 WIM Madison 9:15 Cycle Laura 10:30 Yoga Frank 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Robin 5:30 Step Mix Kristen 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sculpt Gingy</p>	<p align="center">17</p> <p>5:45 STT/GP David 8:00 STT/GP Karen 9:30 Pilates Megin 10:30 Silver Shuffle/Line Dance Chrystal 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 Cycle 30 w/abs Robin 5:30 Cardio Mix William 5:30 TRX Letitia 6:40 Power Yoga Casey</p>	<p align="center">18</p> <p>6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Nash 10:30/12 Silver Sneakers Kathy/Donna 10:30 Yoga Frank 4:30 GP/STT Robin 5:30 *Box and Sculpt Jon 5:40 Zumba Valerie 5:40 Yoga Letitia 6:40 Kung Fu Chad</p>	<p align="center">19</p> <p>5:30 *Box and Sculpt Jon 6:00 HITT Travis 8:00 STT/GP David 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 Cycle Laura 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:30 Cycle Robin 5:30 POUND! Lauren</p>	<p align="center">20</p> <p>8:15 POUND! Lauren 9:30 Cycle 30 w/abs Letitia 9:30 BOOT CAMP Nash 10:30 Yoga Letitia 11:00 Silver Sneakers Kathy</p> <hr/> <p align="center">21</p> <p>No Classes – Happy Easter</p> 

<p>22</p> <p>6:00 Cycle Don 8:00 GP/STT Karen 9:30 Pilates Madison 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Letitia 5:30 GP/STT Greg 5:30 Cycle Cindy 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga</p>	<p>23</p> <p>5:30 *Box and Sculpt Jon 6:00 HIT Travis 6:00 Yoga Casey 8:00 Body Blast Nash 8:00 TRX Tammy 9:15 WIM Madison 9:15 Cycle Laura 10:30 Yoga Frank 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Robin 5:30 Step Mix William 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sculpt Gingy</p>	<p>24</p> <p>5:45 STT/GP Greg 8:00 STT/GP Karen 9:30 Pilates Megin 10:30 Silver Shuffle/Line Dance Chrystal 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 Cycle 30 w/abs Robin 5:30 Cardio Mix William 5:30 TRX Letitia 6:40 Power Yoga Casey</p>	<p>25</p> <p>6:00 *TRX Don 8:00 HITT Travis 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 10:30 Yoga Frank 4:30 GP/STT Robin 5:30 *Box and Sculpt Jon 5:40 Zumba Valerie 5:40 Yoga Letitia 6:40 Kung Fu Chad</p>	<p>26</p> <p>5:30 *Box and Sculpt Jon 6:00 HITT Travis 8:00 STT/GP David 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 Cycle Laura 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 12:00 Yoga Cyndi 5:30 Cycle Letitia 5:30 POUND! Lauren</p>	<p>27</p> <p>8:15 Cardio Mix William 9:30 Cycle 30 w/abs Laura 9:30 Zumba Jackie 10:30 Yoga Frank 11:00 Silver Sneakers Donna</p> <hr/> <p>28</p> <p>2:00 Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Randy</p>
<p>29</p> <p>6:00 Cycle Don 8:00 GP/STT David 9:30 Pilates Megin 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle/Line Dance Chrystal 4:30 Cycle 30 w/abs Letitia 5:30 GP/STT Robin 5:30 Cycle Cindy 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga</p>	<p>30</p> <p>5:30 *Box and Sculpt Jon 6:00 HIT Travis 6:00 Yoga Casey 8:00 Body Blast Nash 8:00 TRX Tammy 9:15 WIM Madison 9:15 Cycle Laura 10:30 Yoga Frank 10:30/12 Silver Sneakers Kathy 4:30 Cardio Mix Robin 5:30 Step Mix Katie 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sculpt Gingy</p>				

Spring has arrived, take this time to try something new and find fresh growth in yourself – bring a friend and find motivation together.

Silver Stretch returns to our schedule on Wednesdays at 11:30. Take advantage of this chair based yoga like workout to strengthen core muscles and keep joints healthy and limber.

Saturdays are GREAT at the Y – check out the rotating schedule of 9:30 classes and join us for something new.