



## Hernando County Family YMCA | April 6th - April 12th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga</b> MP2	8:45AM-9:45AM (Mind Body) <i>Donna C.</i>	5:30PM-6:30PM (Mind Body) <i>Nelson S.</i>	8:45AM-9:45AM (Mind Body) <i>Barb G.</i>	5:30PM-6:30PM (Mind Body) <i>Nelson S.</i>	8:45AM-9:45AM (Mind Body) <i>Nelson S.</i>		
<b>BODYBALANCE</b> MP1	4:30PM-5:30PM (Mind Body) <i>Monica K.</i>		4:30PM-5:30PM (Mind Body) <i>Kathryn P.</i>		4:30PM-5:30PM (Mind Body) <i>Monica K.</i>		
<b>Pilates</b> MP2		8:30AM-9:30AM (Core) <i>Kathryn P.</i>		8:30AM-9:30AM (Core) <i>Kathryn P.</i>			
<b>Yoga</b> MP1		10:15AM-11:15AM (Mind Body) <i>Ashlee S.</i>		10:15AM-11:15AM (Mind Body) <i>Ashlee S.</i>			
<b>Chair Yoga</b> MP1		1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>		1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>			
<b>Tai Chi</b> MP2		4:00PM-5:00PM (Mind Body) <i>Rocco O.</i>				8:30AM-9:30AM (Mind Body) <i>Rocco O.</i>	
<b>SilverSneakers Yoga</b> MP2					2:15PM-3:00PM (Mind Body) <i>Donna B.</i>		



## James P. Gills Family YMCA | April 6th - April 12th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Group Exercise Class</b> Basketball-Court 2	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)		
<b>Group Exercise Class</b> Basketball-Court 1	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)		
<b>BODYBALANCE</b> Group Exercise	10:10AM-11:05AM (Mind Body) <i>Denise F.</i>	5:00PM-5:55PM (Mind Body) <i>Carrie R.</i>		5:50AM-6:40AM (Mind Body) <i>Carrie R.</i>  10:10AM-11:05AM (Mind Body) <i>Denise F.</i>			
<b>Balance and Mobility</b> Group Exercise	11:05AM-11:45AM (Core) <i>Carrie R.</i>		10:10AM-11:00AM (Core) <i>Carrie R.</i>				
<b>Pilates</b> Community Room 2	6:00PM-6:55PM (Core) <i>Kristen P.</i>					10:15AM-11:15AM (Core) <i>Carrie R.</i>	
<b>Yoga</b> Community Room 2	7:05PM-8:05PM (Mind Body) <i>Zhanna W.</i>						
<b>Pilates</b> Group Exercise		11:05AM-12:00PM (Core) <i>Colleen B.</i>					
<b>Power Yoga</b> Group Exercise		12:10PM-1:00PM (Mind Body) <i>Mary M.</i>			5:50AM-6:45AM (Mind Body) <i>Mary M.</i>		
<b>Yoga</b> Community Room 1			11:00AM-12:00PM (Mind Body) <i>Ines R.</i>		10:15AM-11:15AM (Mind Body) <i>Ines R.</i>		
<b>Chair Yoga</b> Group Exercise			11:10AM-11:50AM (Mind Body) <i>Colleen B.</i>	11:10AM-11:50AM (Mind Body) <i>Colleen B.</i>		12:00PM-12:45PM (Mind Body) <i>Aura D.</i>	
<b>Yogalates</b> Community Room 2			6:00PM-6:55PM (Mind Body) <i>Zhanna W.</i>				
<b>Yogalates</b> Group Exercise				12:00PM-1:00PM (Mind Body) <i>Colleen B.</i>			

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<b>SHAPES</b> Group Exercise				5:00PM-5:50PM (Mind Body) <i>Tori W.</i>			
<b>Yoga</b> Group Exercise							12:15PM-1:10PM (Mind Body) <i>Aura D.</i>



## Greater Palm Harbor YMCA | April 6th - April 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Field House	9:30AM-10:30AM (Mind Body) <i>Wilda S.</i>				9:30AM-10:30AM (Mind Body) <i>Shawna T.</i>		
<b>Group Fitness Class</b> Field House	9:30AM-10:30AM (Group Exercise)  12:30PM-1:15PM (Group Exercise)		9:30AM-10:30AM (Group Exercise)	9:45AM-10:35AM (Group Exercise)	9:30AM-10:30AM (Group Exercise)  12:30PM-1:15PM (Group Exercise)		
<b>Hot Yoga</b> Multi Purpose Room	10:45AM-11:45AM (Mind Body) <i>Belle G.</i>		10:45AM-11:45AM (Mind Body) <i>Belle G.</i>				
<b>Stretch</b> Field House	12:30PM-1:15PM (Mind Body) <i>Jessica F.</i>				12:30PM-1:15PM (Mind Body) <i>Jessica F.</i>		
<b>SilverSneakers Yoga</b> Group Exercise	1:00PM-1:50PM (Mind Body) <i>Wilda S.</i>		1:00PM-1:50PM (Mind Body) <i>Dee A.</i>		1:00PM-1:50PM (Mind Body) <i>Wilda S.</i>		
<b>Pilates</b> Multi Purpose Room	5:40PM-6:25PM (Core) <i>Ines R.</i>		5:40PM-6:25PM (Core) <i>Teresa O.</i>	9:45AM-10:45AM (Core) <i>Haley B.</i>			
<b>Yoga</b> Multi Purpose Room	6:45PM-7:40PM (Mind Body) <i>Janessa B.</i>	12:00PM-1:00PM (Mind Body) <i>Wilda S.</i>	6:45PM-7:40PM (Mind Body) <i>Shawna T.</i>				
<b>BODYBALANCE</b> Multi Purpose Room		8:45AM-9:35AM (Mind Body) <i>Carrie S.</i>  6:40PM-7:35PM (Mind Body) <i>Ann S.</i>		8:45AM-9:35AM (Mind Body) <i>Carrie S.</i>			
<b>On the Ball</b> Group Exercise			7:30AM-8:20AM (Core) <i>George D.</i>		7:30AM-8:20AM (Core) <i>George D.</i>		
<b>Restorative Yoga</b> Field House			9:30AM-10:30AM (Mind Body) <i>Marilyn P.</i>				
<b>Restorative Yoga</b> Multi Purpose Room						10:45AM-11:45AM (Mind Body) <i>Barbara G.</i>	

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<b>Yoga</b> Group Exercise							11:15AM-12:15PM (Mind Body) <i>Janessa B.</i>



## John Geigle YMCA (North Pinellas) | April 6th - April 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Multipurpose Room	9:45AM-10:45AM (Mind Body) <i>Dianna T.</i>		9:45AM-10:45AM (Mind Body) <i>Dianna T.</i>  6:00PM-7:00PM (Mind Body) <i>Alisa M.</i>		9:45AM-10:45AM (Mind Body) <i>Wendy N.</i>		
<b>BODYBALANCE</b> Multipurpose Room		10:00AM-11:00AM (Mind Body) <i>Alina H.</i>					11:15AM-12:15PM (Mind Body) <i>Alina H.</i>
<b>Chair Yoga</b> Multipurpose Room		12:30PM-1:15PM (Mind Body) <i>Michele K.</i>		12:30PM-1:15PM (Mind Body) <i>Linda G.</i>			
<b>Tai Chi</b> Multipurpose Room		1:45PM-2:45PM (Mind Body) <i>Cathy O.</i>		1:45PM-2:45PM (Mind Body) <i>Cathy O.</i>			
<b>BODYBALANCE</b> Group Exercise Room		6:00PM-7:00PM (Mind Body) <i>Alina H.</i>					
<b>Yin Yoga</b> Multipurpose Room				8:30AM-9:30AM (Mind Body) <i>Mary C.</i>			
<b>Stretch</b> Group Exercise Room					1:15PM-2:00PM (Mind Body) <i>Natasha R.</i>		
<b>Pilates</b> Multipurpose Room						8:15AM-9:15AM (Core) <i>Sue C.</i>	
<b>Power Yoga</b> Multipurpose Room						9:30AM-10:30AM (Mind Body) <i>Alisa M.</i>	



## Citrus Memorial Health Foundation YMCA | April 6th - April 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Chair Yoga</b> HLC A	2:00PM-3:00PM (Mind Body) <i>Kira K.</i>					9:45AM-10:45AM (Mind Body) <i>Caryn H.</i>	12:15PM-1:15PM (Mind Body) <i>Liz L.</i>
<b>Core</b> Group Exercise	6:45PM-7:15PM (Core) <i>Stacy A.</i>						
<b>Stretch</b> HLC A		8:15AM-9:15AM (Mind Body) <i>Dagmar P.</i>					
<b>Yoga</b> HLC A <a href="#">REGISTER</a>		12:00PM-1:00PM (Mind Body) <i>Kira K.</i>		12:00PM-1:00PM (Mind Body) <i>Kira K.</i>		11:00AM-12:00PM (Mind Body) <i>Caryn H.</i>	
<b>Chair Yoga</b> Group Exercise <a href="#">REGISTER</a>		1:30PM-2:30PM (Mind Body) <i>Kira K.</i>		1:30PM-2:30PM (Mind Body) <i>Kira K.</i>	9:45AM-10:45AM (Mind Body) <i>Kira K.</i>		
<b>Yoga</b> Group Exercise <a href="#">REGISTER</a>		7:00PM-8:00PM (Mind Body) <i>Kira K.</i>	7:00AM-8:00AM (Mind Body) <i>Kira K.</i>	4:00PM-5:00PM (Mind Body) <i>Kira K.</i>	7:00AM-8:00AM (Mind Body) <i>Kira K.</i>		
			1:00PM-2:00PM (Mind Body) <i>Liz L.</i>		1:00PM-2:00PM (Mind Body) <i>Liz L.</i>		
<b>Chair Yoga</b> Crystal River			9:00AM-10:00AM (Mind Body) <i>Kira K.</i>		1:00PM-2:00PM (Mind Body) <i>Kira K.</i>		
<b>Pilates</b> Levy			9:00AM-10:00AM (Core) <i>Joyce S.</i>		9:00AM-10:00AM (Core) <i>Joyce S.</i>		
<b>Yin Yoga</b> Group Exercise			3:30PM-4:30PM (Mind Body) <i>Liz L.</i>		3:30PM-4:30PM (Mind Body) <i>Liz L.</i>		
<b>Pilates</b> HLC A				7:00AM-8:00AM (Core) <i>Cathy W.</i>	7:00AM-8:00AM (Core) <i>Cathy W.</i>		
<b>Taji Fit</b> HLC A				2:45PM-3:45PM (Mind Body) <i>Dorcas W.</i>			
<b>Taji Fit</b> Levy					10:00AM-11:00AM (Mind Body) <i>Dorcas W.</i>		

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<b>Yoga</b> Crystal River					11:30AM-12:30PM (Mind Body) <i>Kira K.</i>		
<b>Tai Chi</b> Outdoors						9:00AM-10:00AM (Mind Body) <i>Dorcas W.</i>	
<b>Taji Fit</b> Group Exercise						10:15AM-11:15AM (Mind Body) <i>Dorcas W.</i>	



## Greater Ridgecrest YMCA | April 6th - April 12th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga</b> Group Studio - 2nd Floor		10:15AM-11:00AM (Mind Body) <i>Jennifer S.</i>		10:15AM-11:00AM (Mind Body) <i>Sabrena A.</i>	9:00AM-10:00AM (Mind Body) <i>Jennifer S.</i>		
<b>Chair Yoga</b> Multipurpose Room (downstairs)		11:15AM-12:15PM (Mind Body) <i>Jennifer S.</i>					
<b>Chair Yoga</b> Group Studio - 2nd Floor				11:15AM-12:15PM (Mind Body) <i>Jennifer S.</i>			