



Hernando County YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Court Outdoor Courts		9:30AM-5:00PM (Basketball)	5:00AM-7:00AM (Basketball) 9:30AM-9:30PM (Basketball)	5:00AM-7:00AM (Basketball) 9:00AM-4:00PM (Basketball)	5:00AM-7:00AM (Basketball) 9:30AM-9:00PM (Basketball)		11:00AM-5:00PM (Basketball)
Zumba Toning MP1		3:30PM-4:15PM (Dance) <i>Beth S.</i>		3:30PM-4:15PM (Dance) <i>Beth S.</i>			
Tai Chi MP2		4:00PM-5:00PM (Mind Body) <i>Rocco O.</i>				8:30AM-9:30AM (Mind Body) <i>Rocco O.</i>	
HIIT MP1		4:45PM-5:30PM (Cardio) <i>Kati M.</i>		4:45PM-5:30PM (Cardio) <i>Kati M.</i>			11:15AM-12:00PM (Cardio) <i>Michelle C.</i>
Cycling Cycling		5:00PM-5:30PM (Cardio) <i>Michelle C.</i>	5:40AM-6:10AM (Cardio) <i>Deanne M.</i> 10:00AM-10:30AM (Cardio) <i>Deanne M.</i>	10:00AM-10:45AM (Cardio) <i>Deanne M.</i> 5:00PM-5:30PM (Cardio) <i>Michelle C.</i>	5:40AM-6:10AM (Cardio) <i>Deanne M.</i>	8:05AM-8:35AM (Cardio) <i>Stacey G.</i>	
BODYPUMP MP1		5:40PM-6:25PM (Strength) <i>Meredith M.</i>	6:15AM-7:00AM (Strength) <i>Stacey G.</i> 9:00AM-10:00AM (Strength) <i>Monica K.</i>	5:40PM-6:25PM (Strength) <i>Meredith M.</i>	6:15AM-7:00AM (Strength) <i>Stacey G.</i> 9:00AM-10:00AM (Strength) <i>Monica K.</i>		
Barre MP1		6:35PM-7:20PM (Strength) <i>Kathryn P.</i>		6:35PM-7:20PM (Strength) <i>Kathryn P.</i>			
Pickleball Outdoor Courts			7:00AM-9:30AM (Pickleball)	7:00AM-9:30AM (Pickleball) 3:30PM-5:30PM (Pickleball)	7:00AM-9:30AM (Pickleball)	7:00AM-9:00AM (Pickleball)	
Cardio and Strength MP1			8:00AM-8:45AM (Cardio) <i>Donna C.</i>		8:00AM-8:45AM (Cardio) <i>Shelly W.</i>		

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Yoga MP2			8:45AM-9:45AM (Mind Body) <i>Barb G.</i> 6:00PM-7:00PM (Mind Body) <i>Nelson S.</i>		8:45AM-9:45AM (Mind Body) <i>Nelson S.</i>		
Water Exercise Pool			9:00AM-10:00AM (Cardio) <i>Connie L.</i> 10:30AM-11:30AM (Cardio) <i>Lynn R.</i>	9:00AM-10:00AM (Cardio) <i>Linda N.</i> 10:30AM-11:30AM (Cardio) <i>Lynn R.</i>	9:00AM-10:00AM (Cardio) <i>Di'Ana N.</i> 10:30AM-11:30AM (Cardio) <i>Di'Ana N.</i>	8:00AM-8:45AM (Cardio) <i>Tara T.</i>	
Barre MP2			10:00AM-10:45AM (Strength) <i>Meghan A.</i>		10:00AM-10:45AM (Strength) <i>Meghan A.</i>		
Zumba MP1			10:15AM-11:00AM (Dance) <i>Addys C.</i> 11:45AM-12:30PM (Dance) <i>Addys C.</i>		10:15AM-11:00AM (Dance) <i>Monica M.</i> 11:45AM-12:30PM (Dance) <i>Monica M.</i>	11:00AM-11:45AM (Dance) <i>Beth S.</i>	
Chair Yoga MP2			1:30PM-2:15PM (Mind Body) <i>Nelson S.</i>				
Chair Volleyball MP1			2:30PM-4:00PM (Cardio) <i>Nancy M.</i>				
BODYBALANCE MP1			4:30PM-5:30PM (Mind Body) <i>Kathryn P.</i>		4:30PM-5:30PM (Mind Body) <i>Monica K.</i>		
Cardio Drumming MP2			4:45PM-5:45PM (Cardio) <i>Kelly B.</i>			10:00AM-11:00AM (Cardio) <i>Kelly B.</i>	
BODYCOMBAT MP1			5:45PM-6:45PM (Cardio) <i>Monica K.</i>	9:00AM-10:00AM (Cardio) <i>Monica K.</i>	5:45PM-6:45PM (Cardio) <i>Meredith M.</i>	9:45AM-10:45AM (Cardio) <i>Monica K.</i>	12:50PM-1:50PM (Cardio) <i>Shelly W.</i>
BootCamp Entrance				5:45AM-6:30AM (Cardio) <i>Deanne M.</i>			
Step MP1				8:00AM-8:45AM (Cardio) <i>Monica K.</i>			
Pilates MP2				8:30AM-9:30AM (Core) <i>Terrie B.</i>			

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Strength Lite MP2				9:45AM-10:30AM (Strength) <i>Lynn R.</i>			
Yoga MP1				10:15AM-11:15AM (Mind Body) <i>Ashlee S.</i>			
SilverSneakers Stability MP2				10:45AM-11:30AM (Strength) <i>Michelle C.</i>			
SilverSneakers Circuit MP2				11:45AM-12:30PM (Strength) <i>Michelle C.</i>			
Chair Yoga MP1				1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>			
SPRINT Cycling					10:15AM-10:45AM (Cardio) <i>Monica K.</i>		
SilverSneakers Classic MP2					11:00AM-11:45AM (Cardio) <i>Donna B.</i>		
Line Dancing MP1					1:00PM-2:00PM (Dance) <i>Di'Ana N.</i>		
SilverSneakers Yoga MP2					2:30PM-3:15PM (Mind Body) <i>Donna B.</i>		
CORE MP1					6:50PM-7:20PM (Strength) <i>Meredith M.</i>		12:15PM-12:45PM (Strength) <i>Monica K.</i>
Strength and Resistance MP1						8:45AM-9:30AM (Strength) <i>Stacey G.</i>	