



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**GROUP EXERCISE CLASSES 2012**

4/13/2012	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35-6:30 a.m.	R.I.P.P.E.D Carrie					
5:45-6:30 a.m.			AM Energizer Carrie		AM Energizer Carrie	
8:10-8:55 a.m.	Circuit Interval Kathie	Block Circuit Kathie	Fit For All Kathie	Circuit Interval Kathie	ZUMBA® Amanda	
8:30 a.m.						ZUMBA® Lori/Rachael Alternating
TR 9:00-10:00 a.m MWF 9-10:15 am	YOGA Tara	BodyBlast Amber	Pilates/Yoga Annette	BodyBlast Amber	Pilates/Yoga Holly	
Silver Sneakers® Fitness Program 10:30-11:15 A.M.	SilverSneakers® MSROM Kathie	SilverSneakers® MSROM Brenda	SilverSneakers® Yoga Stretch Becky	SilverSneakers® MSROM Becky		
4:45 - 5:30 p.m.	Core/Cuts Kristy	Yoga Tara	ZUMBA® Lori	Butts & Guts Kristy		
5:35-6:30 p.m.	YOGA Tara	ZUMBA® Annette	R.I.P.P.E.D Amanda	ZUMBA® Rachael		
6:35- 7:30 P.M.	ZUMBA® Annette	Pilates Mark		Pilates Holly		
7:35-8:30 p.m.		Tae Kwon Do		Tae Kwon Do		

[New YMCA website! Check it out! http://www.hcfymca.com](http://www.hcfymca.com)

Check out our R.I.P.P.E.D CLASSES! RESISTANCE, INTERVAL, POWER, PLYOMETRICS AND ENDURANCE! GOT TO WWW.RIPPEDUSA.COM FOR DIETARY INFORMATION TO HEALTHY EATING!!! "THE ONE STOP BODY SHOCK!" MORE CLASSES TO COME IN MAY!!!!

**ANNETTE GARRISON, HEALTH AND WELLNESS COORDINATOR  
HENDERSON COUNTY FAMILY YMCA 270-827-9622 EXT 324  
EMAIL:AMGARRISON\_YMCA@INSIGHTBB.COM**

Age Policy: Group Exercise only  
1-11 not allowed to participate  
12-13 must be accompanied by  
an adult  
14-up may attend without  
supervision

**YMCA MISSION STATEMENT  
"TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE  
THROUGH PROGRAMS, SERVICES AND FACILITIES THAT  
BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL."**

**CLASSES FREE AND OPEN TO MEMBERS ONLY.**

**FINANCIAL ASSISTANCE AVAILABLE FOR LOW INCOME FAMILIES OR INDIVIDUALS.**