

YMCA Class Schedule

St. Augustine YMCA

MON	5:30 - 8:00am	Open Gym - Both Courts	St. Augustine Family YMCA
	5:45 - 6:30am	CYCLE - Jenn	St. Augustine Family YMCA
	8:00 - 10:00am	Pickleball - Both Courts	St. Augustine Family YMCA
	8:30 - 9:30am	Yoga - Monica	St. Augustine Family YMCA
	9:00 - 10:00am	Woman and Weights - Christina	St. Augustine Family YMCA
	9:00 - 10:00am	SASSE - Shawna	St. Augustine Family YMCA
	9:30 - 10:30am	CYCLE - Lori W.	St. Augustine Family YMCA
	9:30 - 10:30am	BODYPUMP - Ana	St. Augustine Family YMCA
	10:00 - 11:00am	SilverSneakers Cardio Fit - Shawna	St. Augustine Family YMCA
	10:00 - 11:00am	SilverSneakers Cardio Fit - Shawna	St. Augustine Family YMCA
	10:30 - 11:30am	REFIT DANCE FITNESS - Lori W.	St. Augustine Family YMCA
	11:00am - 12:30pm	Open Gym - Both Courts	St. Augustine Family YMCA
	11:00am - 12:00pm	SASSE - Shawna	St. Augustine Family YMCA
	11:30am - 12:30pm	GENTLE YOGA - Ann	St. Augustine Family YMCA
	12:30 - 2:30pm	Adult 60+ - Court 1	St. Augustine Family YMCA
	12:30 - 2:30pm	Open Gym - Court 2	St. Augustine Family YMCA
	12:45 - 1:45pm	SILVER SNEAKERS - Shawna	St. Augustine Family YMCA
	2:30 - 6:00pm	Open Gym - Both Courts	St. Augustine Family YMCA
	3:30 - 4:30pm	TAI CHI - Wanda	St. Augustine Family YMCA

	5:00 - 5:30pm	CORE EXPRESS - Lori W.	St. Augustine Family YMCA
	5:30 - 6:30pm	CYCLE - Kelly	St. Augustine Family YMCA
	5:30 - 6:15pm	H.I.I.T. - Lori W.	St. Augustine Family YMCA
	5:30 - 6:30pm	Kid Fit - Roxanne	St. Augustine Family YMCA
	6:15 - 7:00pm	Power Yoga - Kristen	St. Augustine Family YMCA
TUE	5:30am - 12:30pm	Open Gym - Both Courts	St. Augustine Family YMCA
	5:45 - 6:45am	BODYPUMP - Shelley	St. Augustine Family YMCA
	8:30 - 9:30am	Body Sculpt - Lori W.	St. Augustine Family YMCA
	9:30 - 10:30am	CYCLE - Gina	St. Augustine Family YMCA
	9:30 - 10:15am	TRX - Christina	St. Augustine Family YMCA
	9:30 - 10:30am	H.I.I.T. - Lori W.	St. Augustine Family YMCA
	10:30 - 11:30am	AOA - Lori W.	St. Augustine Family YMCA
	11:30am - 12:30pm	ZUMBA - Annmarie	St. Augustine Family YMCA
	12:30 - 2:30pm	Pickleball - Both Courts	St. Augustine Family YMCA
	12:45 - 1:45pm	SilverSneakers Yoga - Diane	St. Augustine Family YMCA
	2:30 - 6:00pm	Open Gym - Both Courts	St. Augustine Family YMCA
	4:30 - 5:30pm	YogaKids® - Diane	St. Augustine Family YMCA
	5:00 - 7:00pm	Adult 45+ - Court 2	St. Augustine Family YMCA
	5:30 - 6:15pm	BODYPUMP - Kelly	St. Augustine Family YMCA
	6:15 - 7:00pm	GENTLE YOGA - Joanne	St. Augustine Family YMCA
	7:00 - 9:00pm	Open Gym - Both Courts	St. Augustine Family YMCA
WED	5:30am - 12:30pm	Open Gym - Both Courts	St. Augustine Family YMCA

	5:45 - 6:30am	CYCLE - Jenn	St. Augustine Family YMCA
	8:00 - 10:00am	Pickleball - Both Courts	St. Augustine Family YMCA
	8:30 - 9:30am	MULTI-LEVEL YOGA - Danielle	St. Augustine Family YMCA
	9:00 - 10:00am	Woman and Weights - Christina	St. Augustine Family YMCA
	9:30 - 10:30am	CYCLE - Jessica	St. Augustine Family YMCA
	9:30 - 10:30am	BODYPUMP - Colleen	St. Augustine Family YMCA
	10:00 - 11:00am	SASSE - Shawna	St. Augustine Family YMCA
	10:30 - 11:30am	REFIT DANCE FITNESS - Lori W.	St. Augustine Family YMCA
	11:00am - 12:00pm	SASSE - Shawna	St. Augustine Family YMCA
	11:30am - 12:30pm	GENTLE YOGA - Ann	St. Augustine Family YMCA
	12:30 - 2:30pm	Adult 60+ - Court 1	St. Augustine Family YMCA
	12:30 - 2:30pm	Open Gym - Court 2	St. Augustine Family YMCA
	12:45 - 1:45pm	SILVER SNEAKERS - Shawna	St. Augustine Family YMCA
	2:30 - 6:00pm	Open Gym - Both Courts	St. Augustine Family YMCA
	5:30 - 6:30pm	CYCLE - Lori W.	St. Augustine Family YMCA
	5:30 - 6:15pm	Body Combat - Shelley	St. Augustine Family YMCA
	5:30 - 6:30pm	Kid Fit - Roxanne	St. Augustine Family YMCA
	6:15 - 7:15pm	PILATES - Carol	St. Augustine Family YMCA
THU	5:30am - 12:30pm	Open Gym - Both Courts	St. Augustine Family YMCA
	5:45 - 6:45am	BODYPUMP - Shelley	St. Augustine Family YMCA
	8:30 - 9:30am	Body Sculpt - Lori W.	St. Augustine Family YMCA
	9:30 - 10:15am	TRX - Christina	St. Augustine Family YMCA

	9:30 - 10:30am	H.I.I.T. - Lori W.	St. Augustine Family YMCA
	9:30 - 10:15am	Intro to Cycle - Gina	St. Augustine Family YMCA
	10:30 - 11:30am	AOA - Lori W.	St. Augustine Family YMCA
	11:30am - 12:30pm	ZUMBA - Annmarie	St. Augustine Family YMCA
	12:30 - 2:30pm	Pickleball - Both Courts	St. Augustine Family YMCA
	12:45 - 1:45pm	SilverSneakers Yoga - Diane	St. Augustine Family YMCA
	2:30 - 6:00pm	Open Gym - Both Courts	St. Augustine Family YMCA
	3:30 - 4:30pm	TAI CHI - Wanda	St. Augustine Family YMCA
	5:00 - 7:00pm	Adult 45+ - Court 2	St. Augustine Family YMCA
	5:30 - 6:30pm	BODYPUMP - Kelly	St. Augustine Family YMCA
	6:30 - 7:30pm	ZUMBA - Daly	St. Augustine Family YMCA
	7:00 - 9:00pm	Open Gym - Both Courts	St. Augustine Family YMCA
FRI	5:30am - 12:30pm	Open Gym - Both Courts	St. Augustine Family YMCA
	5:45 - 6:30am	CYCLE - Melody	St. Augustine Family YMCA
	8:00 - 10:00am	Pickleball - Both Courts	St. Augustine Family YMCA
	8:30 - 9:30am	MULTI-LEVEL YOGA - Lori B.	St. Augustine Family YMCA
	9:30 - 10:30am	CYCLE - Gina	St. Augustine Family YMCA
	9:30 - 10:30am	BODYPUMP - Ana	St. Augustine Family YMCA
	10:30 - 11:30am	Body Combat - Colleen	St. Augustine Family YMCA
	10:30 - 11:30am	Therapeutic Stretch - Zack	St. Augustine Family YMCA
	11:30am - 12:30pm	GENTLE YOGA - Ann	St. Augustine Family YMCA
	12:30 - 2:30pm	Adult 60+ - Court 1	St. Augustine Family YMCA

	12:30 - 2:30pm	Open Gym - Court 2	St. Augustine Family YMCA
	12:45 - 1:45pm	SILVER SNEAKERS - Shawna	St. Augustine Family YMCA
	2:30 - 8:00pm	Open Gym - Both Courts	St. Augustine Family YMCA
SAT	7:00am - 12:30pm	Open Gym - Both Courts	St. Augustine Family YMCA
	8:30 - 9:30am	Stretch and Strength - Lori B.	St. Augustine Family YMCA
	8:30 - 9:30am	CYCLE - Carol	St. Augustine Family YMCA
	9:00 - 10:00am	Woman and Weights - Christina	St. Augustine Family YMCA
	9:30 - 10:30am	BODYPUMP - Shelley	St. Augustine Family YMCA
	10:45 - 11:45am	ZUMBA - Daly	St. Augustine Family YMCA
	12:00 - 1:00pm	GENTLE YOGA - Carol	St. Augustine Family YMCA
	12:30 - 3:00pm	Open Gym - Both Courts	St. Augustine Family YMCA
SUN	1:00 - 5:00pm	Adult 45+ - Court 1	St. Augustine Family YMCA
	1:00 - 5:00pm	Open Gym - Court 2	St. Augustine Family YMCA
	3:30 - 4:30pm	Restorative Yoga - Kathleen	St. Augustine Family YMCA