

# YMCA Class Schedule

## St. Augustine YMCA

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

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

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

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

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