



# April Group Exercise

## Martinsville-Henry County Family YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>8</b> Active Seniors-Marliyn <b>9</b> What is Wellness <b>10</b> Senior Aerobics-Mildred <b>12:10</b> Sculpt-Lisa <b>3</b> What is Wellness <b>4:30</b> <b>NO EVENING CLASSES</b> <b>5:30</b>	<b>2</b> <b>6</b> Power Sculpt-Marsha <b>7</b> Yoga-Lisa <b>9</b> Senior Cardio-Jane <b>11</b> Tai Chi-Susan <b>4:30</b> Butts & Gutts-Marsha <b>5:30</b> HIIT-Judy <b>5:30</b> (S2)*Aerial Yoga-Janine	<b>3</b> <b>6</b> Cardio -Marsha <b>9</b> Just Get Moving-Kenny <b>10</b> Line Dancing-Mildred <b>12:10</b> Sculpt & Stretch-Marilyn <b>4:30</b> Yoga-Judy <b>4:30</b> (S2) Come to dance 12+ <b>5:30</b> Intervals-Marsha <b>5:30</b> (S2)*Aerial Yoga-Janine <b>6:30</b> International Rhythms	<b>4</b> <b>Mobile Market 10a-11a</b> <b>6</b> Cardio Sculpt-Marsha <b>8</b> Active Seniors-Marilyn <b>9</b> Senior Cardio-Jane <b>11:15</b> Tai Chi-Susan <b>4:30</b> Muscle & Abs-Lisa <b>5:00</b> (S2)*Aerial Kids-Shannon <b>5:30</b> Workout w/Kylan <b>6:15</b> (S2)*Aerial Fit to Fly	<b>5</b> <b>10</b> Senior Aerobics-Mildred <b>12:10</b> Sculpt-Lisa <b>4:30</b> International Rhythms <b>5:30</b> (S2) Come to Dance (Salsa & Samba)	<b>6</b>
<b>7</b> 1:30 Yoga-Judy	<b>8</b> <b>8</b> Active Seniors-Marliyn <b>9</b> What is Wellness <b>10</b> Senior Aerobics-Mildred <b>12:10</b> Sculpt-Lisa <b>3</b> What is Wellness <b>4:30</b> Muscle-Judy <b>5:30</b> Workout w/Kylan	<b>9</b> <b>6</b> Power Sculpt-Marsha <b>7</b> Yoga-Lisa <b>9</b> Senior Cardio-Jane <b>11</b> Tai Chi-Susan <b>4:30</b> HIIT-Judy <b>5:30</b> <b>YOGA-Judy</b> <b>5:30</b> (S2)*Aerial Yoga-Janine	<b>10</b> <b>6</b> Kickboxing-Marsha <b>9</b> Just Get Moving-Kenny <b>10</b> Line Dancing-Mildred <b>12:10</b> Sculpt & Stretch-Marilyn <b>4:30</b> Yoga-Judy <b>4:30</b> (S2) Come to dance 12+ <b>5:30</b> Tabata Intervals-Lisa <b>5:30</b> (S2)*Aerial Yoga-Janine <b>6:30</b> International Rhythms	<b>11</b> <b>6</b> Butts & Gutts-Marsha <b>8</b> Active Seniors-Marilyn <b>9</b> Senior Cardio-Jane <b>11:15</b> Tai Chi-Susan <b>4:30</b> Muscle & Abs-Lisa <b>5:00</b> (S2)*Aerial Kids-Shannon <b>5:30</b> Cardio-Marsha <b>6:15</b> (S2)*Aerial Fit to Fly	<b>12</b> <b>10</b> Senior Aerobics-Mildred <b>12:10</b> Sculpt-Amanda <b>4:30</b> International Rhythms <b>5:30</b> (S2) Come to Dance (Salsa & Samba)	<b>13</b> 10:00am Couples Cycling- Christina
<b>14</b>	<b>15</b> <b>8</b> Active Seniors-Marilyn <b>9</b> What is Wellness <b>10</b> Senior Aerobics-Mildred <b>12:10</b> Sculpt-Lisa <b>3</b> What is Wellness <b>4:30</b> Step Intervals-Judy <b>5:30</b> Boot Camp-Don	<b>16</b> <b>6</b> Power Sculpt-Marsha <b>7</b> Yoga-Lisa <b>9</b> Senior Cardio-Jane <b>11</b> Tai Chi-Susan <b>4:30</b> Muscle-Judy <b>5:30</b> Kickboxing-Marsha <b>5:30</b> (S2)*Aerial Yoga-Janine	<b>17</b> <b>6</b> Cardio Blast-Marsha <b>9</b> Just Get Moving-Kenny <b>10</b> Line Dancing-Mildred <b>12:10</b> Sculpt & Stretch-Marilyn <b>4:30</b> Yoga-Judy <b>4:30</b> (S2) Come to dance 12+ <b>5:30</b> Slim It up/Mat Series-Judy <b>5:30</b> (S2)*Aerial Yoga-Janine <b>6:30</b> International Rhythms	<b>18</b> <b>6</b> Cardio Sculpt-Marsha <b>8</b> Active Seniors-Marilyn <b>9</b> Senior Cardio-Jane <b>11:15</b> Tai Chi-Susan <b>4:30</b> Tabata-Judy <b>5:00</b> (S2)*Aerial Kids-Shannon <b>5:30</b> Muscle & Abs-Lisa <b>6:15</b> (S2)*Aerial Fit to Fly	<b>19</b> <b>10</b> Senior Aerobics-Mildred <b>12:10</b> Sculpt-Amanda <b>4:30</b> Cardio Sculpt-Marsha <b>5:30</b> (S2) Come to Dance (Salsa & Samba)	<b>20</b> <b>Bee City/HKD Event</b>
<b>21</b> 1:30 Yoga-Judy  2:30 Cycling- Amanda	<b>22</b> <b>8</b> Active Seniors-Marliyn <b>9</b> What is Wellness <b>10</b> Senior Aerobics-Mildred <b>12:10</b> Sculpt-Lisa <b>3</b> What is Wellness <b>4:30</b> Muscle-Judy <b>5:30</b> Workout w/Kylan	<b>23</b> <b>6</b> Power Sculpt-Amanda <b>7</b> Yoga-Lisa <b>9</b> Senior Cardio-Jane <b>11</b> Tai Chi-Susan <b>4:30</b> HIIT-Judy <b>5:30</b> <b>YOGA-Judy</b> (S2)*Aerial Yoga-Janine	<b>24</b> <b>6</b> Cardio-Marsha <b>9</b> Just Get Moving-Kenny <b>10</b> Line Dancing-Mildred <b>12:10</b> Sculpt & Stretch-Marilyn <b>4:30</b> Yoga-Judy <b>4:30</b> (S2) Come to dance 12+ <b>5:30</b> Muscle & Abs-Lisa <b>5:30</b> (S2)*Aerial Yoga-Janine <b>6:30</b> International Rhythms	<b>25</b> <b>6</b> Power Ball-Marsha <b>8</b> Active Seniors-Marilyn <b>9</b> Senior Cardio-Jane <b>11:15</b> Tai Chi-Susan <b>4:30</b> Kickboxing-Marsha <b>5:00</b> (S2)*Aerial Kids-Shannon <b>5:30</b> Cycling-Christina <b>6:15</b> (S2)*Aerial Fit to Fly	<b>26</b> <b>10</b> Senior Aerobics-Mildred <b>12:10</b> Sculpt-Lisa <b>4:30</b> <b>NO CLASS</b> <b>5:30</b> (S2) Come to Dance (Salsa & Samba)	<b>27</b> <b>Half Marathon</b>
<b>28</b>	<b>29</b> <b>8</b> Active Seniors-Marilyn <b>9</b> What is Wellness <b>10</b> Senior Aerobics-Mildred <b>12:10</b> Sculpt-Lisa <b>3</b> What is Wellness <b>4:30</b> Tabata-Judy <b>5:30</b> Boot Camp-Don	<b>30</b> <b>6</b> Power Sculpt-Marsha <b>7</b> Yoga-Lisa <b>9</b> Senior Cardio-Jane <b>11</b> Tai Chi-Susan <b>4:30</b> Muscle-Judy <b>5:30</b> Cycling-Christina <b>5:30</b> (S2)*Aerial Yoga-Janine			<b>*****All Aerial requires reservations. You may reserve your spot online or through the mobile app</b>	