



CAINE HALTER FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 2018 Group Exercise (AM & Weekends)

MONDAY

Start	End	Class	Location	Instructor / Notes
5:15am	6:00am	Beast Mode*	FTR	Nate-19/Sung-5,12,26
5:30am	6:30am	Boot Camp	Room 2	Nate-19/Sung5,12,26
5:30am	6:30am	Rev Ride Cycle *	Cycle Studio	Ray/Catherine-5
6:00am	7:00am	Masters Swim	Outdoor Pool	Swim Coach
6:00am	7:00am	Beast Mode*	FTR	Nate
6:00am	7:00am	Sunrise Yoga	Room 1	Suanne
8:00am	8:50am	Hydrotone	Indoor Pool	Yvonne
8:10am	9:00am	Pilates Fusion	Room 1	Oksana
8:10am	9:10am	I Fit	Room 2	Mary Jane
9:00am	9:50am	Aqua Fit	Indoor Pool	Yvonne
9:15am	10:15am	Beast Mode Fundamental*	FTR	Nate-19/Dan-5,12,26
9:15am	10:15am	Cycle	Cycle Studio	Giselle *NEW CLASS*
9:20am	10:15am	Seniors Fit for Life	Room 1	Reety/Valerie-19
10:20am	11:10am	Chair Yoga	Room 1	Suanne
10:20am	11:20am	Step & Sculpt	Room 2	Reety/Allyson-19
10:30am	11:30am	TRX Strength Bgnr/Inter*	FTR	Jennifer
11:30am	12:20pm	Tai Chi/Qigong	Room 1	Jean P

TUESDAY

Start	End	Class	Location	Instructor / Notes
5:15am	6:00am	Beast Mode*	FTR	Will
5:30am	6:30am	Cycle *	Cycle Studio	Mandres
5:30am	6:00am	Insanity Express	Room 2	Ray/Hunter-6
6:00am	7:00am	Masters Swim	Outdoor Pool	Swim Coach
6:00am	7:00am	Beast Mode*	FTR	Will
6:00am	7:00am	Yoga	Room 1	Bethe
6:10am	6:40am	Tabata Express	Room 2	Ray /Hunter-6
8:10am	9:10am	Step	Room 2	Allyson V
9:00am	9:50am	Aqua Fit	Indoor Pool	Sandy
9:15am	10:15am	Cycle *	Cycle Studio	Nate/Mandres-6,20
9:00am	10:10am	Yoga	Room 1	Valerie
9:15am	10:15am	Core & More	Room 2	Lora
9:15am	10:15am	TRX Flow *	FTR	Oksana
10:20am	11:15am	Group Strength	Room 2	Sandy
10:20am	11:05am	SilverSneakers Classic®	Room 1	Fran
10:30am	11:30am	Beast Mode Fundamental*	FTR	Nate-John-6,20
11:10am	12:10pm	SilverSneakers Circuit®	Room 1	Fran

WEDNESDAY

Start	End	Class	Location	Instructor / Notes
5:15am	6:00am	Beast Mode *	FTR	Nate
5:30am	6:30am	Boot Camp	Room 2	Bryton
5:30am	6:30am	Cycle *	Cycle Studio	Mandres
5:30am	6:30am	Yoga	Room 1	Maria/Emma-14
6:00am	7:00am	Masters Swim	Outdoor Pool	Swim Coach
6:00am	7:00am	Beast Mode*	FTR	Nate
8:00am	8:50am	Hydrotone	Indoor Pool	Yvonne
8:10am	9:10am	I FIT	Room 2	Mary Jane
9:00am	9:50am	Aqua Fit	Indoor Pool	Yvonne
9:15am	10 :15am	Ballet Functional Core*	Room 2	Allyson V
9:15am	9 :45am	Tabata Boot Camp Express	FTR	Kelly-14,28/Kiara-7,21
9:20am	10:15am	Seniors Fit for Life	Room 1	Reety /Valerie-21
9:45am	10:15am	Kettlebells Express	FTR	Kelly-14,28/Kiara-7,21
10:20am	11:20am	Yoga Stretch	Room 1	Becky W/Maria-28
10:20am	11:20am	Zumba®	Room 2	Melissa
10:30am	11:30am	TRX Strength*	FTR	Theresa/Tracey-14
11:30am	12 :20pm	Tai Chi/ Qigong	Room 1	Jean

All Starred Classes Require Sign Up on MindBodyonline.com

THURSDAY

Start	End	Class	Location	Instructor / Notes
5:15am	6:00am	Beast Mode*	FTR	Zack
5:30am	6:30am	Cycle *	Cycle Studio	Ken
5:30am	6:00am	Insanity Express	Room 2	Ray/Hunter-8
6:00am	7:00am	Beast Mode*	FTR	Zack
6:00am	7:00am	Yoga Flow	Room 1	Bethe
6:10am	6:40am	Tabata Boot Camp Express	Room 2	Ray
8:10am	9:10am	20/20/20	Room 2	Mary Jane
9:00am	9:50am	Aqua Fit	Indoor Pool	Sandy
9:15am	10:15am	Rev Ride Cycle*	Cycle Studio	Stacey
9:15am	10:15am	Intense Fit	Room 2	Andrea/Lora-29
9:15am	10:15am	TRX Flow Beginner *	FTR	Mandres
10:20am	11:15am	Group Strength	Room 2	Sandy
10:20am	11:05am	SilverSneakers Classic®	Room 1	Lora
10:30am	11:30am	Beast Mode Fundamental*	FTR	Nate-15,29/John-1,8,22
11:10am	12:10pm	SilverSneakers Circuit®	Room 1	Lora

FRIDAY

Start	End	Class	Location	Instructor / Notes
5:15am	6:00am	Beast Mode*	FTR	Nate-16,30/Will-2/Sung-19,23
5:30am	6:30am	Boot Camp	Room 2	Mary Jane
5:30am	6:30am	Rev Ride Cycle *	Cycle Studio	Kelly
6:00am	7:00am	Masters Swim	Outdoor Pool	Swim Coach
6:00am	7:00am	Beast Mode*	FTR	Nate -16,30/Will-2/Sung-19,23
6:00am	7:00am	Sunrise Yoga	Room 1	Suanne/Emma-30
8:00am	8:50am	Aqua Fit	Indoor Pool	Yvonne
8:10am	9:00am	Ballet Functional Core*	Room 1	Oksana
8:10am	9:10am	Cardio Muscle	Room 2	Reety /Allyson-23
8:30am	9:30am	Rev Ride Cycle *	Cycle Studio	Brian
9:15am	10:15am	TRX Strength *	FTR	Tracey
9:15am	10:15am	Cardio Conditioning	Room 2	Allyson/Andrea-9
9:20am	10:15am	Seniors Fit for Life	Room 1	Reety /Marialena-23
10:20am	11:10am	Chair Yoga	Room 1	Suanne /Marialena-30
10:30am	11:30am	Zumba®	Room 2	Robin

SATURDAY

Start	End	Class	Location	Instructor / Notes
7:30am	8:40am	Boot Camp	Room 2	Ray
8:00am	9:30am	Masters Swim	Outdoor Pool	Swim Coach
8:00am	9:15am	Beast Mode Open Gym	FTR	Rotation
8:45am	9:15am	Body Combat	Room 2	Ray
9:00am	10:00am	Yoga	Room 1	Pam/Bethe-10/Emma-17,24
9:00am	10:00am	Rev Ride Cycle *	Cycle Studio	Stacey
9:30am	10:30am	Beast Mode*	FTR	Rotation
10:15am	11:15pm	Pilates Barre	Room 1	Pam/Oksana-10,17,24
10:45am	11:45am	TRX Strength*	FTR	Rotation
11:00am	12:00pm	Zumba®/ Cardio Dance Blast	Room 2	Zumba/Robin-17,31/ Cardio Dance/Mindy-10,24

There will be no
11am Zumba/Cardio
Dance class on
Saturday March 3
due to instructor
training

SUNDAY

Start	End	Class	Location	Instructor / Notes
12:00pm	3:00pm	Beast Mode: Open Gym	FTR	Tasha
1:10pm	2:10pm	PiYo Fusion	Room 2	Pam/Kristan-11
1:15pm	2:15pm	Cycle *	Cycle Studio	Catherine
2:20pm	3:20pm	Group RX® RIP	Room 2	Pam/Allyson-11
3:30pm	4:30pm	Yoga	Room 2	John/Bethe-11,18



CAINE HALTER FAMILY YMCA

March 2018 Group Exercise (PM & Weekends)

MONDAY

Start	End	Class	Location	Instructor / Notes
12:00pm	1:00pm	Rev Ride Cycle*	Cycle Studio	Kelly
12:00pm	1:00pm	Masters Swim	Outdoor Pool	Swim Coach
12:00pm	12:30pm	Tabata Express	Room 2	Carla
12:30pm	1:00pm	Kettlebells Express	Room 2	Carla
2:00pm	2:50pm	Water Works	Indoor Pool	Theresa/Sandy-12
3:30pm	5:00pm	Carolina Dance Collaborat	Room 1	CDC
4:30pm	5:15pm	TRX Tabata & Core *	FTR	Tracey
5:30pm	6:30pm	TRX Boot Camp *	FTR	Clare
5:45pm	6:45pm	Pilates Barre	Room 1	TBD
5:45pm	6:45pm	Step & Sculpt	Room 2	Mindy
5:45pm	6:45pm	Rev Ride Cycle*	Cycle Studio	Stacey
6:30pm	7:30pm	Beast Mode*	FTR	TBD
6:50pm	7:50pm	Yoga	Room 1	Prentiss
6:50pm	7:50pm	Cardio Dance Blast	Room 2	Pace- On March 12 class in the gym at 7pm
7:30pm	8:30pm	Beast Mode	FTR	TBD

Join us in celebrating the 10
year Anniversary of
Caine Halter Family YMCA!
Monday March 12
Group Ex Smash Up Class in
the gym !
6pm Body Combat-Kelly
6:30pm Insanity- Ray
7pm- Cardio Dance- Pace

TUESDAY

Start	End	Class	Location	Instructor / Notes
12:00pm	12:45pm	TRX Boot Camp*	FTR	Jessica
12:00pm	1:00pm	Body Combat	Room 2	Carla *NEW CLASS*
12:15pm	1:15pm	Yoga	Room 1	Bethe *NEW TIME & ROOM*
3:00pm	4:30pm	Parkinson's Recovery	Cycle Studio	Jessica
4:15pm	5:00pm	Beast Mode Kids	FTR	Kiara *Ages 9-15*
4:30pm	5:30pm	Insanity	Room 2	Cami/Ray-13,20,27
4:30pm	5:00pm	Tread and Shed	Wellness Rm	Theresa/Carla-
5:00pm	6:00pm	Beast Mode*	FTR	Phil/John-20
5:45pm	6:45pm	Group RX® RIP	Room 2	Theresa/TBD-13
6:00pm	7:00pm	Beast Mode*	FTR	Phil/John-20
6:30pm	7:20pm	Rev Ride Cycle*	Cycle St/Rm 2	Tracey
6:50pm	7:20pm	Kettlebells Express	Room 2	Jennifer
7:30pm	8:00pm	Core Express	Room 2	Tracey

WEDNESDAY

Start	End	Class	Location	Instructor / Notes
12:00pm	1:00pm	Beast Mode*	FTR	John H
12:00pm	1:00pm	Rev Ride Cycle	Cycle Studio	Kelly
12:00pm	12:30pm	Tabata Express	Room 2	Carla
12:30pm	1:00pm	Kettlebells Express	Room 2	Carla
2:00pm	2:50pm	Water Works	Indoor Pool	Theresa/Sandy-14
3:30pm	5:30pm	Carolina Dance Collaborat	Room 1	CDC (Youth Dance)
4:30pm	5:15pm	TRX Tabata and Core*	FTR	Tracey
4:30pm	5:30pm	Body Combat®	Room 2	Theresa-7,21 Carla-14,28
5:30pm	6:30pm	TRX Boot Camp*	FTR	Tracey
5:30pm	6:30pm	Obstacle Course Race Trn	Outdoor Area	Clare
5:45pm	6:45pm	Step & Sculpt	Room 2	Reety/Allyson-21
5:45pm	6:45pm	Pilates Barre	Room 1	Kristina
6:30pm	7:30pm	Masters Swim	Outdoor Pool	Swim Coach
6:30pm	7:30pm	Beast Mode Fundamentals	FTR	JD-7,14/TBD-21,28
6:50pm	7:50pm	Cardio Dance Blast	Room 2	Mindy
7:30pm	8:30pm	Beast Mode*	FTR	JD-7,14/TBD-21,28

THURSDAY

Start	End	Class	Location	Instructor / Notes
12:00pm	12:45pm	TRX Boot Camp*	FTR	Jessica
12:00pm	1:00pm	Yoga	Room 2	Becky W/Bethe-30
3:00pm	4:30pm	Parkinson's Recovery	Cycle Studio	Jessica (Medically Cleared Parkinsons Patients)
3:30pm	5:15pm	Carolina Dance Coll	Room 1	CDC (Youth Dance)
3:45pm	4:20pm	Fit Kids	Room 2	Kelly **Ages 5-8 **
4:15pm	5:00pm	Beast Mode Kids*	FTR	Kiara **Ages 9- 15**
4:30pm	5:30pm	Insanity	Room 2	Ray/Cami-8
5:00pm	6:00pm	Beast Mode*	FTR	John H
5:30pm	6:30pm	Yoga Fusion	Room 1	Stacey
5:45pm	6:45pm	Group RX® RIP	Room 2	Jennifer
6:00pm	7:00pm	Cycle	Cycle Studio	Scott
6:00pm	7:00pm	Beast Mode*	FTR	John H
6:50pm	7:20pm	Kettlebells Express	Room 2	Jennifer

FRIDAY

Start	End	Class	Location	Instructor / Notes
12:00pm	1:00pm	Masters Swim	Outdoor Pool	Swim Coach
12:00pm	12:30pm	Tabata Express	Room 2	Carla/Hunter-30
12:30pm	1:00pm	Kettlebells Express	Room 2	Carla/Hunter-30
12:00pm	1:00pm	Beast Mode*	FTR	John H.
12:00pm	1:00pm	Yoga Restorative	Room 1	Becky W/Bethe-30
2:00pm	2:50pm	Water Works	Indoor Pool	Theresa/NO CLASS-3

SATURDAY

Start	End	Class	Location	Instructor / Notes
7:30am	8:40am	Boot Camp	Room 2	Ray
8:00am	9:30am	Masters Swim	Outdoor Pool	Swim Coach
8:00am	9:15am	Beast Mode Open Gym	FTR	Rotation
8:45am	9:15am	Body Combat	Room 2	Ray
9:00am	10:00am	Rev Ride Cycle *	Cycle Studio	Stacey
9:00am	10:00am	Yoga	Room 1	Pam/Bethe-10/Emma-17,24
9:30am	10:30am	Beast Mode*	FTR	Rotation
10:15am	11:15pm	Pilates Barre	Room 1	Pam/Oksana-10,17,24
10:45am	11:45am	TRX Strength*	FTR	Rotation
11:00am	12:00pm	Zumba@/ Cardio Dance Bla	Room 2	Robin/Zumba-17,31/Mindy/Cardio Dance-10,24

There will be no
11am Zumba/Cardio
Dance class on
Saturday March 3rd
due to
instructor training

SUNDAY

Start	End	Class	Location	Instructor / Notes
12:00pm	3:00pm	Beast Mode: Open Gym	FTR	Tasha
1:10pm	2:10pm	PiYo Fusion	Room 2	Pam/Kristan-11
1:15pm	2:15pm	Cycle *	Cycle Studio	Catherine
2:20pm	3:20pm	Group RX® RIP	Room 2	Pam/Allyson-11
3:30pm	4:30pm	Yoga	Room 2	John/Bethe-11,18

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