



September Group Fitness Schedule

Hannibal YMCA

September 4th - September 30th

1 YMCA Drive
Hannibal, MO 63401
(573) 221-0586

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Les Mills BodyPump- 11+ Program Room #2 Doretta Lott 5:15am - 6:15am	Kettlebell- 11+ Upstairs Fitness Room Sherri Wiley 5:15am - 6am	Les Mills BodyPump- 11+ Program Room #2 Janelle Strother 5:15am - 6:15am	Kettlebell- 11+ Upstairs Fitness Room Sherri Wiley 5:15am - 6am	Les Mills BodyPump- 11+ Program Room #2 Doretta Lott 5:15am - 6:15am		
		Les Mills GRIT Strength- 11+ Program Room #2 Jami Sims 5:30am - 6am		Les Mills GRIT Cardio 11+ Program Room #2 Carey Landrum 5:30am - 6am			
6am		Spin- 11+ Program Room #1 Sherri Wiley 6:05am - 6:45am		Spin- 11+ Program Room #1 Sherri Wiley 6:05am - 6:45am			
8am	Pilates- 8+ Mind Body Studio Debra Burton 8am - 9am	Yoga- 8+ Mind Body Studio Becky Evans 8am - 9am	Pilates- 8+ Mind Body Studio Debra Burton 8am - 9am	Yoga- 8+ Mind Body Studio Becky Evans 8am - 9am	Body Sculpt- 11+ Program Room #2 Danielle Wood 8am - 9am		
	Body Sculpt- 11+ Program Room #2 Danielle Wood 8am - 9am	Les Mills GRIT Strength- 11+ Program Room #2 Jeff Perrine 8:30am - 9am	Body Sculpt- 11+ Program Room #2 Danielle Wood 8am - 9am	Les Mills GRIT Strength- 11+ Program Room #2 Jami Sims 8:30am - 9am	Les Mills GRIT Cardio 11+ Upstairs Fitness Room Jeff Perrine 8:30am - 9am		
	Les Mills GRIT Cardio 11+ Upstairs Fitness Room Jeff Perrine 8:30am - 9am		Les Mills GRIT Cardio 11+ Upstairs Fitness Room Jeff Perrine 8:30am - 9am				
9am	Water Aerobics Aquatics Fitness Judy Irons 9am - 10am	Water Aerobics Aquatics Fitness Teddy Sharpe 9am - 10am	Water Aerobics Aquatics Fitness Judy Irons 9am - 10am	Water Aerobics Aquatics Fitness Teddy Sharpe 9am - 10am	Water Aerobics Aquatics Fitness Judy Irons 9am - 10am	Les Mills GRIT Strength- 11+ Program Room #2 Erica Gaines 9am - 9:30am	
	Boot Camp- 11+ Program Room #2 Janelle Strother 9am - 10am	Les Mills BodyPump- 11+ Program Room #2 Jeff Perrine 9:15am - 10:15am	Boot Camp- 11+ Program Room #2 Janelle Strother 9am - 10am	Les Mills BodyPump- 11+ Program Room #2 Jeff Perrine 9:15am - 10:15am	Boot Camp- 11+ Program Room #2 Jeff Perrine 9am - 10am	Vinyasa Yoga Mind Body Studio Brittany Weldy 9:45am - 10:30am	
10am	Aquaease Aquatics Fitness Judy Irons 10am - 11am	Power Yoga- 8+ Mind Body Studio Janelle Strother 10:30am - 11:15am	Aquaease Aquatics Fitness Judy Irons 10am - 11am	FitLife- 11+ Program Room #2 Shawn Geralds 10:30am - 11:30am	Aquaease Aquatics Fitness Judy Irons 10am - 11am	Les Mills BodyPump- 11+ Program Room #2 Doretta Lott 10am - 11am	
	Prayer Walk Program Room #2 Shawn Geralds 10:15am - 11am	FitLife- 11+ Program Room #2 Shawn Geralds 10:30am - 11:30am					
4pm	Les Mills GRIT Strength- 11+ Program Room #2 Carey Landrum 4:30pm - 5pm	Legacy Martial Arts Upstairs Fitness Room Robert Bentley 4pm - 6:30pm	Les Mills GRIT Strength- 11+ Program Room #2 Elvin Chavez 4:30pm - 5pm	Les Mills BodyPump- 11+ Program Room #2 Joshua Gregory 4:30pm - 5:30pm	Legacy Martial Arts Upstairs Fitness Room Robert Bentley 4pm - 6:30pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
		Les Mills BodyPump-11+ Program Room #2 Doretta Lott 4:30pm - 5:30pm			Les Mills GRIT Plyo-11+ Program Room #2 Elvin Chavez 4:30pm - 5pm		
5pm	Kickboxing- 8+ Upstairs Fitness Room Brandi Morgan 5pm - 6pm	Les Mills BodyPump-11+ Program Room #2 Joshua Gregory 5:45pm - 6:45pm	Les Mills GRIT Cardio 11+ Upstairs Fitness Room Carey Landrum 5:30pm - 6pm	Kickboxing- 8+ Upstairs Fitness Room Brandi Morgan 5pm - 6pm			
	Vinyasa Yoga Mind Body Studio Haley Brown 5:30pm - 6:30pm	Chair Yoga Mind Body Studio Brittany Weldy 5:45pm - 6:30pm	Zumba- 8+ Program Room #2 Paula Hirner 5:30pm - 6:30pm	Spin- 11+ Program Room #1 Chrissy Meredith 5:30pm - 6:15pm			
	Les Mills GRIT Cardio 11+ Program Room #2 Erica Gaines 5:30pm - 6pm		Spin- 11+ Program Room #1 Chrissy Meredith 5:30pm - 6:15pm				
	Spin- 11+ Program Room #1 Chrissy Meredith 5:30pm - 6:15pm						
6pm	H2O Cardio Aquatics Fitness Donna Hemme 6:05pm - 7:05pm	Pound- 8+ Gym Tamara Dietrich 6:30pm - 7:30pm	H2O Cardio Aquatics Fitness Donna Hemme 6:05pm - 7:05pm	Pound- 8+ Program Room #1 Tamara Dietrich 6:30pm - 7:30pm	Open Swim Aquatics Fitness 6:15pm - 9pm		
	Zumba- 8+ Program Room #2 LeAnn Welch 6:30pm - 7:30pm				Lap Swim Aquatics Fitness 6:30pm - 9pm		
	TRX- 11+ Upstairs Fitness Room Kachina Hudson 6:30pm - 7:15pm						
7pm			TRX- 11+ Upstairs Fitness Room Kachina Hudson 7:15pm - 8pm				

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