



# November Group Fitness Schedule

Hannibal YMCA

November 1st - November 7th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Les Mills BodyPump</b> Program Room #2 Doretta Lott 5:15am - 6:15am	<b>Kettlebell</b> Upstairs Fitness Room Sherri Wiley 5:15am - 6am	<b>Les Mills BodyPump</b> Program Room #2 Janelle Strother 5:15am - 6:15am	<b>Kettlebell</b> Upstairs Fitness Room Sherri Wiley 5:15am - 6am	<b>Les Mills BodyPump</b> Program Room #2 Doretta Lott 5:15am - 6:15am		
		<b>Les Mills GRIT Strength</b> Program Room #2 Jeff Perrine 5:30am - 6am		<b>Les Mills GRIT Cardio</b> Program Room #2 Jeff Perrine 5:30am - 6am			
<b>6am</b>		<b>Spin</b> Program Room #1 Sherri Wiley 6:05am - 6:45am		<b>Spin</b> Program Room #1 Sherri Wiley 6:05am - 6:45am			
<b>8am</b>	<b>Pilates</b> Mind Body Studio Debra Burton 8am - 9am	<b>Yoga</b> Mind Body Studio Becky Evans 8am - 9am	<b>Pilates</b> Mind Body Studio Debra Burton 8am - 9am	<b>Yoga</b> Mind Body Studio Becky Evans 8am - 9am	<b>Pilates</b> Mind Body Studio Debra Burton 8am - 9am		
	<b>Body Sculpt</b> Program Room #2 Susie Murphy 8am - 9am	<b>Les Mills GRIT Strength</b> Program Room #2 Jeff Perrine 8:30am - 9am	<b>Body Sculpt</b> Program Room #2 Susie Murphy 8am - 9am	<b>Les Mills GRIT Strength</b> Program Room #2 Jeff Perrine 8:30am - 9am	<b>Body Sculpt</b> Program Room #2 Susie Murphy 8am - 9am		
	<b>Les Mills GRIT Cardio</b> Upstairs Fitness Room Jeff Perrine 8:30am - 9am		<b>Les Mills GRIT Cardio</b> Upstairs Fitness Room Jeff Perrine 8:30am - 9am				
<b>9am</b>	<b>Yoga Foundations</b> Mind Body Studio Corri Lewellen 9am - 10am	<b>Les Mills BodyPump</b> Program Room #2 Jeff Perrine 9:15am - 10:15am	<b>Yoga Foundations</b> Mind Body Studio Corri Lewellen 9am - 10am	<b>Les Mills BodyPump</b> Program Room #2 Jeff Perrine 9:15am - 10:15am	<b>Yoga Foundations</b> Mind Body Studio Corri Lewellen 9am - 10am	<b>Les Mills GRIT Strength</b> Program Room #2 Jeff Perrine 9am - 9:30am	
	<b>Water Aerobics</b> Aquatics Fitness Judy Irons 9am - 10am		<b>Water Aerobics</b> Aquatics Fitness Judy Irons 9am - 10am		<b>Boot Camp</b> Program Room #2 Jeff Perrine 9am - 10am		
	<b>Boot Camp</b> Program Room #2 Janelle Strother 9am - 10am		<b>Boot Camp</b> Program Room #2 Janelle Strother 9am - 10am		<b>Water Aerobics</b> Aquatics Fitness Judy Irons 9am - 10am		
	<b>Spin</b> Program Room #1 Debra Burton 9am - 9:45am		<b>Spin</b> Program Room #1 Debra Burton 9am - 9:45am		<b>Spin</b> Program Room #1 Debra Burton 9am - 9:45am		
<b>10am</b>	<b>Aquaease</b> Aquatics Fitness Judy Irons 10am - 11am	<b>FitLife</b> Program Room #2 Corri Lewellen 10:15am - 11:15am	<b>Aquaease</b> Aquatics Fitness Judy Irons 10am - 11am	<b>FitLife</b> Program Room #2 Corri Lewellen 10:15am - 11:15am	<b>Aquaease</b> Aquatics Fitness Judy Irons 10am - 11am	<b>Les Mills BodyPump</b> Program Room #2 Doretta Lott 10am - 11am	
	<b>Barre</b> Mind Body Studio Corri Lewellen 10:15am - 11am	<b>BODYFLOW</b> Mind Body Studio Drew Earls 10:30am - 11:30am	<b>Barre</b> Mind Body Studio Corri Lewellen 10:15am - 11am	<b>BODYFLOW</b> Mind Body Studio Drew Earls 10:30am - 11:30am	<b>Barre</b> Mind Body Studio Corri Lewellen 10:15am - 11am		

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
4pm	<b>Tabata &amp; Core</b> Program Room #2 Drew Earls 4:30pm - 5:30pm	<b>Y-BLAST</b> Upstairs Fitness Room Corri Lewellen 4pm - 5pm	<b>Les Mills GRIT Strength</b> Program Room #2 Elvin Chavez 4:30pm - 5pm	<b>Y-BLAST</b> Upstairs Fitness Room Corri Lewellen 4pm - 5pm	<b>Les Mills GRIT Plyo</b> Program Room #2 Elvin Chavez 4:30pm - 5pm		
	<b>Youth Dance</b> Mind Body Studio 4:30pm - 5:15pm	<b>Les Mills BodyPump</b> Program Room #2 Drew Earls 4:30pm - 5:30pm	<b>Youth Dance</b> Mind Body Studio 4:30pm - 5:15pm	<b>Les Mills BodyPump</b> Program Room #2 Drew Earls 4:30pm - 5:30pm			
		<b>Youth Dance</b> Mind Body Studio 4:30pm - 5:15pm		<b>Youth Dance</b> Mind Body Studio 4:30pm - 5:15pm			
5pm	<b>Kickboxing</b> Upstairs Fitness Room Brandi Morgan 5pm - 6pm	<b>Les Mills BodyPump</b> Program Room #2 Doretta Lott 5:45pm - 6:45pm	<b>Spin</b> Program Room #1 Kyle Allen 5:30pm - 6:15pm	<b>Kickboxing</b> Upstairs Fitness Room Brandi Morgan 5pm - 6pm	<b>HHST Dryland</b> Program Room #2 Neil Romney 5pm - 6:15pm		
	<b>Power Yoga</b> Mind Body Studio Corri Lewellen 5:30pm - 6:30pm		<b>Zumba</b> Program Room #2 Paula Hirner 5:30pm - 6:30pm	<b>Spin</b> Program Room #1 Chrissy Meredith 5:30pm - 6:15pm			
	<b>Spin</b> Program Room #1 Chrissy Meredith 5:30pm - 6:15pm		<b>Les Mills GRIT Cardio</b> Upstairs Fitness Room Drew Earls 5:45pm - 6:15pm				
6pm	<b>Water Aerobics</b> Aquatics Fitness Donna Hemme 6:05pm - 7:05pm	<b>Pound</b> Program Room #1 Tamara Dietrich 6:30pm - 7:30pm	<b>Water Aerobics</b> Aquatics Fitness Donna Hemme 6:05pm - 7:05pm	<b>Pound</b> Program Room #2 Tamara Dietrich 6:30pm - 7:30pm			
	<b>Zumba</b> Program Room #2 Paula Hirner 6:30pm - 7:30pm						

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.