



**HIGHLIGHTED TIME DENOTES CHANGE**

**WEST ST. TAMMANY**  
 (985) 893-9622  
 71256 Francis Rd  
 Covington, La 70433

**CLASS LOCATIONS**

- POOL AREA
- SPIN STUDIO
- STUDIO
- GYMNASIUM



# BUNNY BREAKFAST APRIL 5th • 8-11am

	MONDAY
5:30am-6:00am	<b>SPIN</b> Jamie B.
8:15am-9:15am	<b>ZUMBA</b> Rose Studio
8:15am-9:15am	<b>BARRE CARDIO</b> Simine Gym
8:15am-9:00am	<b>MATRIX CIRCUIT CLASS</b> WELLNESS FLOOR
8:30am-9:30am	<b>WATER AEROBICS</b> Janice
8:30am-9:30am	<b>VIRTUAL SPIN</b>
9:30am-10:00am	<b>GRIT STRENGTH</b> Jamie M. Gym
9:30am-10:30am	<b>BODYPUMP</b> Jessica Studio
10:15am-11:15am	<b>YOGA</b> Liz Gym
11:15am-12:15pm	<b>SILVER STRENGTH &amp; BALANCE</b> Autumn Studio
11:30pm-12:30pm	<b>SILVER SNEAKERS MSROM</b> ED Gym
1:00pm-2:00pm	<b>ZUMBA GOLD</b> Jamie P. Studio
4:15pm-5:15pm	<b>BODYPUMP</b> Casey Gym
5:00pm-6:00pm	<b>HIP HOP FITNESS</b> Hilary Studio
5:30pm-6:30pm	<b>TRIPLE FIT</b> Jamie B. Gym
6:00pm-6:30pm	<b>TURN IT UP SPIN</b> Stephanie
6:45pm-7:45pm	<b>ZUMBA</b> Adriana Gym

	TUESDAY
5:30am-6:00am	<b>PILATES</b> Jamie B. Studio
8:00am-8:45am	<b>SCULPT &amp; STRETCH</b> Julie Studio
8:15am-9:00am	<b>MATRIX CIRCUIT CLASS</b> WELLNESS FLOOR
8:30am-9:30am	<b>BFIT</b> Mollie Gym
8:15am-9:00am	<b>SPIN</b> Simine
9:00am-9:30am	<b>BODYPUMP</b> Jessica Studio
9:15am-9:45am	<b>CRAZY SPIN</b> Stephanie
9:45am-10:15am	<b>FUNCTIONAL FITNESS</b> Jamie Gym
9:45am-10:45am	<b>BODYBALANCE</b> Donna Studio
10:15am-10:45am	<b>CARDIO BURN</b> Simine Gym
11:00am-12:30pm	<b>LINE DANCING</b> Kim Gym
12:00pm-12:45pm	<b>TAI CHI SELF DEFENSE</b> Master Bruce Studio
1:00pm-2:00pm	<b>CHAIR YOGA</b> Deb D. Gym
4:30pm-5:30pm	<b>WATER AEROBICS</b> Deb D.
4:45pm-5:45pm	<b>GROUP STRENGTH</b> Jamie B. Gym
6:00pm-7:00pm	<b>BODYPUMP</b> Narcissa Gym
6:00pm-7:00pm	<b>YOGA</b> Marie Studio
6:00pm-6:30pm	<b>SPIN</b> Stephanie
7:00pm-8:00pm	<b>KARATE</b> (extra \$) Master Bruce Studio

	WEDNESDAY
5:30am-6:30am	<b>TRIPLE FIT</b> Jamie B. Gym
8:15am-9:15am	<b>Triple Fit</b> Rose Studio
8:15am-9:00am	<b>MATRIX CIRCUIT CLASS</b> WELLNESS FLOOR
8:15am-8:45am	<b>SPIN</b> Simine
8:30am-9:30am	<b>WATER AEROBICS</b> Deb D.
9:00am-10:00am	<b>BARRE</b> Simine Gym
9:30am-10:00am	<b>GRIT CARDIO</b> Jamie / Lillie Studio
10:15am-11:15am	<b>PILATES</b> Autumn Gym
11:30pm-12:30pm	<b>SILVER SNEAKERS CARDIO</b> Autumn Gym
4:45pm-5:15pm	<b>PILATES</b> Jamie B. Studio
5:30pm-6:30pm	<b>BOOTCAMP</b> Paige Gym
5:30pm-6:30pm	<b>STEP</b> Jamie B. Studio
6:45pm-7:45pm	<b>Dance Cardio</b> Andrew Studio

Healthy Kids Day 5K Walk/Run

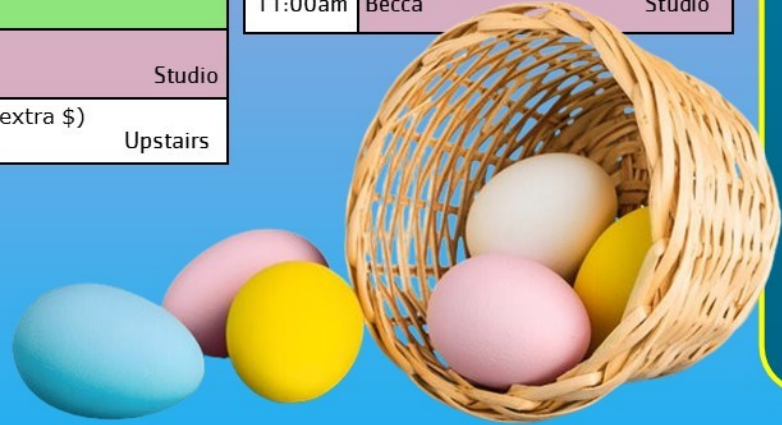
**REGISTER NOW**

# SERVE. SUPPORT. CONNECT.

	THURSDAY
5:30am-6:00am	<b>FUNCTIONAL FITNESS</b> Jamie B. Gym
8:15am-9:15am	<b>MATRIX CIRCUIT CLASS</b> WELLNESS FLOOR
8:30am-9:30am	<b>BFIT</b> Mollie Gym
8:15am-9:00am	<b>SPIN</b> Simine
9:00am-9:30am	<b>CARDIO BURN</b> Jamie M. Studio
9:45am-10:45am	<b>BODYBALANCE</b> Jessica Studio
9:45am-10:45am	<b>BODYPUMP</b> Casey Gym
11:00am-12:30pm	<b>LINE DANCING</b> Kim Gym
1:00pm-2:00pm	<b>CHAIR YOGA</b> Deb D. Gym
1:00pm-2:00pm	<b>ZUMBA GOLD</b> Jamie Studio
4:30pm-5:30pm	<b>WATER AEROBICS</b> Heidi
4:30pm-5:30pm	<b>BODYPUMP</b> Janie Gym
5:00pm-5:45pm	<b>BARRE STRENGTH</b> Jamie B. Upstairs
5:30pm-6:30pm	<b>LINE DANCING</b> Rotating Instructors Studio
5:45pm-6:15pm	<b>SPIN</b> Lacey
6:45pm-7:45pm	<b>ZUMBA</b> Dorothy Studio
7:00pm-8:00pm	<b>KARATE</b> (extra \$) Master Bruce Upstairs

	FRIDAY
8:15am-9:15am	<b>Triple Fit</b> Janie Gym
8:15am-9:15am	<b>MATRIX CIRCUIT CLASS</b> WELLNESS FLOOR
8:15am-9:15am	<b>SCULPT &amp; STRETCH</b> Julie Studio
8:30am-9:30am	<b>SPIN</b> Narcissa
8:30am-9:30am	<b>WATER AEROBICS</b> Janice
9:30am-10:00am	<b>FUNCTIONAL FITNESS</b> Lillie
9:30am-10:30am	<b>HIP HOP FITNESS</b> Hilary Studio
10:15am-11:15am	<b>PILATES</b> Autumn Gym
11:30pm-12:30pm	<b>SENIOR GOLD</b> Mollie Gym
5:30pm-7:00pm	<b>ZUMBA ADDICT PARTY</b> Last Friday Every Month

	SATURDAY
8:00am-8:30am	<b>GRIT</b> Jamie Gym
8:30am-9:30am	<b>SPIN</b> Rotating Instructors
8:45am-9:45am	<b>BODYBALANCE</b> Heather Studio
10:00am-11:00am	<b>BODYPUMP</b> Becca Studio



**MAY 5th/6th**

On Monday, May 5th and Tuesday, May 6th, we will celebrate GIVENOLA DAY, the largest philanthropic non-profit day for our YMCA.

**We ask that you take a moment to HELP US, HELP OTHERS by donating to the YMCA.**

There will be several ways to give and lots of incentives to participate.

For more information, go to [WWW.GIVENOLA.ORG](http://WWW.GIVENOLA.ORG)

**YMCA of Greater New Orleans**