



AUGUST 2024

PURKS YMCA GROUP EXERCISE SCHEDULE Afternoon

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30pm	Gym A & Group Exercise Room		Homeschool PE <small>*sign up required (3:15pm)</small>		
4:00pm	Pool	Water Aerobics Carmen		Water Aerobics Carmen	Water Aerobics Carmen
4:30pm	Group Exercise Room	Pilates Andrea		Gentle Yoga Andrea	
5:00pm	Rock Room	Cycling Mia		Cycling Mia	
5:30pm	Group Exercise Room	Barre Cheryl	HIIT/Strength Combo Katilyn	Zumba Cheryl	Barre Cheryl
6:30pm	Group Exercise Room	Tai Chi Zoran	*RESERVED for Hapkido John <small>(6:45-8:00pm)</small>	Tai Chi Zoran	*RESERVED for Hapkido John <small>(6:45-8:00pm)</small>

The following fee-based classes are offered at various intervals throughout the year. Dates and registration details for these classes will be communicated through YMCA email and our Vicksburg YMCA Group Exercise Facebook Group! Be sure to keep an eye out for these details!

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Homeschool PE
Hapkido with John Farrell

Our Group Exercise FB page will also be a source for: health tips, messages from our instructors, upcoming details on health and wellness resources and programs at the Y, and updates on schedule changes and/or cancellations when applicable.

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