

# GROUP EXERCISE SCHEDULE

There's a Group Waiting for you at the Y!

Effective June 17, 2011



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	Indoor Cycling Kris	Indoor Cycling Nancy	Indoor Cycling Jim	Indoor Cycling Nancy	Indoor Cycling Kris	<b>PLEASE NOTE:</b> * Requires sign up at the Front Desk. ** Long term sub Shaded gray areas indicate scheduled fee-based classes.	
6:00 AM	Pump/Yoga Fusion Becky	Yoga Nancy	Pump/Yoga Fusion Becky	Yoga Nancy	Pump/Yoga Fusion Becky		
7:00 AM	Cycle Express Becky (45 min)		Cycle Express Becky (45 min)		Cycle Express Becky (45 min)		
8:00 AM	Advanced Yoga Elena	Pilates Megan	Advanced Yoga Elena	Pilates Megan	Yoga Victoria	8:15 *Indoor Cycling Tamy / Becky	
9:00 AM	Cycle/Interval Debbie/Charlotte	Yoga/Pilates @ 9:15 Rebecca	Interval Charlotte	Yoga/Pilates @ 9:15 Rebecca	Pump Debbie**	9:15 a.m.	
9:00 AM North Gym	Zumba Gold Haley/Andreanna**	Zumba Charlotte/Megan	Zumba Gold Yvonne/Debbie	Zumba Charlotte/Megan	Young At Heart Charlotte	1 <sup>st</sup> Saturday Boot Camp Megan**	
10:00 AM	Extreme Butts-n-Guts Debbie**		Gentle Yoga @ 10:30 Vanessa		Yoga Courtney	2 <sup>nd</sup> Saturday Interval Charlotte	
11:00 AM	Gentle Yoga Vanessa					3 <sup>rd</sup> Saturday Zumba Andreanna**	
12:00 PM	Hard Work Conditioning Sherry	*Cycle Pump CJ	Zumba/Tone Markit	*Cycle Pump Tamy/Megan	Hard Work Conditioning Sherry	4 <sup>th</sup> Saturday Zumba Megan	Spin/Yoga Synthesis 12:30 (90 min) Tamy/Becky
1:00 PM					Zumba Megan		
2:00 PM	Gentle Yoga Donna		Gentle Yoga Donna			10:30 Advanced Yoga 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday Elena (90 min)	
3:00 PM							
4:00 PM North Gym			Zumbatomics Lisa				
4:00 PM		20-20-20 Jami	*Cycling @ 4:30 Tamy (45 min)	20-20-20 Jami		10:30 a.m. Gentle Yoga 2 <sup>nd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> Saturday Vanessa	
5:00 PM		Butts-n-Guts Sherry**		Butts-n-Guts Sherry**	*Cycling Tamy		
5:30 PM	*Cycling/Abs Sherry (75 min)	Pump Sherry**	Power Yoga Nancy	Pump Sherry**			
5:30 PM North Gym	Zumba Debbie**/Charlana	Zumba Tone Lisa	Zumba Charlotte/Megan	Zumba Tone Haley			
6:00 PM North Gym		Zumba Charlana/Lisa		Zumba Charlana/Haley			
6:30 PM							
7:30 PM							

## Our Mission:

To put Christian principals into practice through programs that build a healthy spirit, mind and body for all.

Contact us at 246-9622

Sheri Richmond, Healthy Living Director  
Charlotte Michel, Group Exercise Coordinator - Land

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