

GROUP EXERCISE SCHEDULE

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

Effective October 31, 2011



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	Indoor Cycling Kris	Indoor Cycling Nancy	Indoor Cycling Becky	Indoor Cycling Nancy	Indoor Cycling Kris	PLEASE NOTE: * 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							
8:00 AM	Advanced Yoga Elena	Pilates Megan	Advanced Yoga Elena	Pilates Megan	Beginning Yoga Victoria	8:15 *Indoor Cycling Tamy / Becky	
9:00 AM	Cycle/Strength Debbie/Charlotte	Yoga/Pilates @ 9:15 Rebecca	Interval Charlotte	Yoga/Pilates @ 9:15 Rebecca	Pump Yvonne	9:15 a.m.	
9:00 AM South Gym	Zumba Gold Haley/Andreanna	Zumba Charlotte/Megan	Zumba Gold Yvonne/Debbie	Zumba Charlotte/Megan	Young At Heart Charlotte	1 st Saturday Boot Camp Yvonne	
10:00 AM	Pump Debbie		Gentle Yoga @ 10:30 Vanessa		Yoga Courtney	2 nd , 5 th Saturday Zumba Megan	
11:00 AM	Gentle Yoga Vanessa					3 rd Saturday Zumba Yvonne	
12:00 PM	Hard Work Conditioning Sherry	*Cycle Pump CJ/Megan	Zumba/Zumba Tone Marikit	*Cycle Pump CJ/Megan	Hard Work Conditioning Sherry	4 th Saturday Tabata Intervals Megan	
1:00 PM					Zumba Megan	10:30 Advanced Yoga 1 st & 3 rd Saturday Elena (90 min)	
2:00 PM	Gentle Yoga Victoria**		Gentle Yoga Sub**			10:30 a.m. Gentle Yoga 2 nd , 4 th , 5 th Saturday Vanessa	
3:00 PM							
4:00 PM South Gym			Zumbatomic Lisa				
4:00 PM		Turbo Kick! Rebecca	*Indoor Cycling @ 4:30 Tamy (45 min)	Turbo Kick! Rebecca			
5:00 PM		Butts & Guts Yvonne		Butts & Guts Yvonne	*Indoor Cycling Tamy		
5:30 PM	*Cycle/Abs Sherry (75 min)	Pump Yvonne	Power Yoga Nancy	Pump Yvonne			
5:30 PM South Gym			Zumba Charlotte/Megan				
6:00 PM							
6:30 PM	Zumba Yvonne/Sherry	Zumba Stephanie/Lisa		Zumba Andreanna/Haley			
7:30 PM							

Our Mission:

To put Christian principles 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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