



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANDLER/GILBERT FAMILY YMCA • Winter 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05-6:05AM Boot Fit Monica	cycle 5:05-6:05AM Lara	5:05-6:05AM Boot fit Monica	cycle 5:05-6:05AM Lara	GROUP XPOWER 5:05-6:05AM Monica	8:00-9:00 AM Shallow Water X Tracy
8:00-9:00 AM Shallow Water X Bryann	7:30-8:30 AM Shallow Water X Harriet	8:00-9:00 AM Shallow Water X Bryann	7:30-8:30AM Shallow Water X Harriet	7:30-8:30 AM Shallow Water X Harriet	cycle 8:00-9:00 AM Ceclia/Vanessa
ZUMBA toning 8:30-9:30 AM Sara	GROUP XPOWER 8:30-9:30 AM Corinne	ZUMBA toning 8:30-9:30 AM Sara	GROUP XPOWER 8:30-9:30 AM Monica	8:30-9:30 AM Cardio Kickbox Trena	8:00-9:00AM Step II Donna
9:00-10:00 AM Deep Water X Tracy	9:00-10:00 AM Shallow Water X Tracy	9:00-10:00 AM Deep Water X Tracy	9:00-10:00 AM Shallow Water X Tracy		GROUP XPOWER 9:10-10:10 AM Donna
cycle 9:30-10:30AM Sybil	cycle 9:30-10:30AM Sybil	cycle 9:30-10:30AM Sybil	cycle 9:30-10:30AM Sybil		
9:30-10:30 AM Yoga I/II Corinne	9:30-10:30AM Power Yoga Emily	9:30-10:30 AM Yogalates Corinne	9:30-10:30AM Power Yoga Emily	ZUMBA gold 10:30-11:30 AM Cathy	10:15-11:15AM Gentle Yoga Joan
10:30-11:30 AM 55 Alive/Low Impact Corinne	ZUMBA FITNESS 10:30-11:30 AM Anita	10:30-11:30 AM 55 Alive/Low Impact Corinne	ZUMBA FITNESS 10:30-11:30 AM Anita		12:00-1:00 PM Yoga I/II Kay
					Sunday
	4:15-5:15 PM Gentle Yoga Joan		4:15-5:15 PM Gentle Yoga Joan	5:00-5:40 PM Adult Belly Dancing	cycle 1:00-2:00 PM Cecilia
ZUMBA FITNESS 5:30-6:30 PM Karen	GROUP XPOWER 5:25-6:25 PM Rebecca		GROUP XPOWER 5:25-6:25 PM Corinne	ZUMBA FITNESS 5:45-6:45 pm Erika	
cycle 6:30-7:30 PM Cecilia	cycle 6:30-7:15PM Seth	cycle 6:30-7:30 PM Vanessa		Amazing Kidz Child Watch Hours Monday-Thursday 8am-2pm & 3pm-8pm Friday 8am-2pm & 3pm-7pm Saturday 8am-2pm Sunday 1pm-3pm	
6:30-7:30 PM Hatha Yoga Ken	6:30-7:30PM Pilates Kay	6:00-7:00 PM Boot Fit Monica	6:30-7:30 PM Pilates Corinne		
	7:30-8:30 PM Karate FEE CLASS		7:30-8:30 PM Karate *FEE CLASS		

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*Please note that this schedule is subject to change due to special functions, or low attendance.

1/30/2012