

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

SUMMER 2010

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
5:15-6:00AM Cycle Lara		7:00-8:00 AM Shallow Water X Linda		5:15-6:00AM Cycle Lara		7:00 -8:00AM Shallow Water X Linda					
8:00-9:00 AM Shallow Water X Linda		 8:30-9:30 AM Corinne	9:30-10:30AM Cycle Sybil	8:00-9:00 AM Shallow Water X Jeanette		 8:30-9:30 AM Lee		8:00-9:00 AM Shallow Water X Linda		8:00-9:00 AM Shallow Water X Linda	
8:30-9:30 AM Variety Step Shelley		9:00-10:00 AM Shallow Water X Tracy		8:30-9:30 AM Variety Step Shelly		9:00-10:00 AM Shallow Water X Tracy		9:00-10:00 AM Deep Water X Melody		8:15-9:15AM Step II Donna	8:15-9:15 AM Cycle Seth
9:00-10:00 AM Deep Water X Melody		Yogalates 9:30-10:30AM Corinne		9:00-10:00 AM Deep Water X Jeanette		Yogalates 9:30-10:30AM Davey		8:30-9:30 AM Var. Aerobics Shelly	9:30-10:30AM Body Sculpt Shelly	 9:15-10:15 AM Donna	
9:30-9:45 AM Adult Circuit Orientation	9:45-10:15AM Adult Circuit Diane	9:45-10:15AM Adult Circuit Bob		9:30-9:45 AM Adult Circuit Orientation	9:45-10:15AM Adult Circuit Diane	9:30-10:30AM Cycle Sybil		9:45-10:15AM Adult Circuit Bob		9:15-10:15 AM Intro to Cycle Vanessa	
9:30-10:30 AM Cycle Sybil		 10:30-11:30 AM Anita		9:30-10:30 AM Cycle Sybil		9:45-10:15AM Adult Circuit Bob		10:30-11:30 AM ZUMBA GOLD 'Z'		10:15-11:15AM Gentle Yoga Joan	
9:30-10:30 AM Power Yoga Corinne				9:30-10:30 AM Power Yoga Corinne		 10:30-11:30 AM Anita				10:00-10:15 AM Adult Circuit Orientation Diane	
10:30-11:30 AM 55 Alive/Low Impact I Corinne		4:15-5:15 PM Gentle Yoga Joan		10:30-11:30 AM 55 Alive/Low Impact I Corinne		10:30-11:30 AM Anita				10:15-10:45 AM Adult Circuit Class Diane	
 4:45-5:15 PM Bollywood Dance *FEE CLASS		4:45-5:15 PM Family Circuit Class Diane		4:30-4:45 PM Family Circuit Orientation Diane		4:15-5:15 PM Gentle Yoga Joan		 5:00-5:40 PM Adult Belly Dancing *FEE CLASS		11:00 AM-11:15 AM Family Circuit Orientation Diane	
 5:30-6:30 PM Karen		 5:20-6:20 PM Lee	5:45-6:15 PM Adult Circuit Diane	4:45-5:15 PM Family Circuit Class Diane	5:30-6:30 PM Step I/II Darius	5:30-5:45 PM Adult Circuit Orientation Diane	 5:45-6:45 PM Darin		11:15 AM-11:45 PM Kid /Family Circuit Class Diane		
5:45-6:45 PM Cycle Vanessa		6:30-7:30 PM Cycle Seth		5:45-6:15 PM Adult Circuit Class Diane				 Daily Amazing Kidz Child Watch Hours Monday-Thursday 8am-12 noon and 3pm-8pm Friday 8am-12 noon and 3pm-7pm Saturday 8am-2pm Sunday 1pm-3pm			
6:00-6:30PM Advanced Circuit Tim		6:30-7:30 PM Mat Pilates Lori				6:30-7:30 PM Cycle Vanessa					
6:30-7:30 PM Hatha Yoga Ken		7:15-8:00 PM Y-Weigh Circuit *FEE CLASS		6:30-7:30PM Hatha Yoga Lori		6:30-7:30 PM Mat Pilates Corinne					
7:30-8:30 PM Ball Room Dance *FEE CLASS		7:30-8:30 PM Karate FEE CLASS		7:30-8:30 PM Ball Room Dance *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.

YMCA Mission: "Putting Christian principles into practice through programs that build a healthy spirit, mind and body for all."