



Copper Basin Family YMCA – Group Exercise Schedule
Effective January 1st, 2012

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-6:15am		TBC Dana		TBC Dana			
8:15am-9:10am	Cardio Interval Carole		Zumba Jenny		Cardio Interval Carole	Hip Hop Dance	
9:15am-10:00am Corridor	Indoor Cycle Rainie	Indoor Cycle Lucy			Indoor Cycle Rainie	Indoor Cycle Rainie	
9:15am-10:15am	Zumba Jennifer				Pilates Kerry		
10:00am-11:00am Circuit Room	Jump Start Lee		Jump Start Lee		Jump Start Lee		
10:15am-11:15am	Stretch & Tone Jen	Zumba Tina	Stretch & Tone Jen	Zumba Tina	Zumba Jennifer		
11:00am-12:00pm Pool	H2O Aerobics Ashley		H2O Aerobics Ashley		H2O Aerobics Ashley		
11:30am-12:30pm	Silver Sneakers Trish	Silver Sneakers Trish	Silver Sneakers Trish	Silver Sneakers Trish			
4:30pm-5:30pm	TBC Heather						
5:00pm-5:45pm Corridor		Indoor Cycle Kendra	Indoor Cycle Kendra	Indoor Cycle Hilari			
5:00-6:00pm		TBC Hilari	Zumba Kerry				
5:30pm-6:25pm	Cardio Circuit Lucy						
6:00pm-7:00pm Circuit Room		Jump Start Lee		Jump Start Lee			
6:30pm-7:30pm	Zumba Jen/Kimberly	Zumba Kelly		Zumba Kelly			
7:00pm-8:00pm			Hip Hop Dance Jen				

