



















GROUP FITNESS SCHEDULE

Glendale/Peoria Family YMCA • February 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM - 8:00AM		5:45AM Muscle Conditioning Dorenda	5:45AM Group Cycle Dorenda	5:45AM Muscle Conditioning Dorenda	5:45AM Group Cycle Dorenda		
8:00AM - 9:00AM		8:00AM Mat Pilates Sheryl	8:00AM Hatha Yoga Noreen	8:00AM Mat Pilates Sheryl	8:00AM Hatha Yoga Noreen	8:00AM Cardio Mix Kelly	8:00AM Mat Pilates Susan
9:00AM - 10:00AM	9:15AM Hatha Yoga Noreen	9:00AM Cardio Mix Kelly	9:00AM Step Becky	9:00AM Zumba Shannon	9:00AM Cardio Mix Sheryl	9:00AM Hatha Yoga Rebecca	9:00AM Step Sheryl
10:00AM - 11:00AM		10:00AM Group Power Express Anna 11:00AM Zumba-Dorenda	10:00AM Muscle Conditioning Becky 11:00AM MSROM Becky 	10:00AM - Anna Group Power  11:15AM Low Impact Becky	10:00AM Mat Pilates Sheryl 11:00AM MSROM Sheryl 	10:00AM Group Power  11:15AM Core Conditioning Sheryl	10:00AM Group Power Shantelle 
11:00AM - 1:00PM		12:00PM MSROM Nabeehah 	12:00PM Cardio Circuit Sharlyn 	12:00PM MSROM Becky 	12:00PM Cardio Circuit Sheryl 	12:00PM MSROM Sheryl 	11:15AM Karate
1:00PM - 4:00PM		1:00PM Cardio Circuit Nabeehah 	1:00PM Line Dancing Lori	1:00PM Cardio Circuit Becky 		1:00PM Cardio Circuit Sheryl 	2:30PM Family Zumba (10 and up) Beth
4:00PM - 6:00PM		4:30PM Group Power Sheryl  5:45PM - Step Mark	4:15PM - Zumba Shannon 5:15PM Group Power Sheryl 	5:00PM Group Cycle Dorenda 5:30PM Step-Dorenda 6:00 Muscle Conditioning Dorenda	5:00PM Zumba Shannon 6:00PM Core Conditioning Anna	4:00PM - Karate 5:30PM Group Power Sheryl 	
6:00PM - 9:00PM		6:45PM Kickboxing Jam Melissa 7:45PM Hatha Yoga Rebecca	7:00PM Karate	6:30PM Zumba Beth 7:30PM Hatha Yoga Rebecca	6:30PM Group Cycle Anna 8:00PM Karate	6:45PM Hatha Yoga Rebecca 8:00 Intro to Meditation Rebecca	