



# Group Fitness

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## South Mountain Family YMCA January 2012 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>6 am - 6:50 am</u> Spin Noelle	<u>7am- 8am</u> Jump Start II Joe	<u>6 am - 6:50 am</u> Spin Noelle	<u>7am- 8am</u> Jump Start II Joe	<u>7am- 8am</u> Jump Start II Joe	
<u>7 am- 8am</u> Jump Start Joe	<u>8 am - 9 am</u> SILVER SNEAKERS MSRM Jim	<u>7am- 8am</u> Jump Start Joe	<u>8 am - 9 am</u> SILVER SNEAKERS MSRM Jim	<u>8 am - 9 am</u> SILVER SNEAKERS MSRM Jim	<u>8:10am - 9:00 am</u> Group Cycle Cheyanne
<u>8 am - 9 am</u> Silver Sneaker MSRM Jim	<u>9:15am- 10:15am</u> Yoga Jason	<u>8 am - 9 am</u> SILVER SNEAKERS MSRM Jim	<u>9:15am- 10:15am</u> Yoga Jason	<u>9: 00 am - 10:00 am</u> Active Older Adults Jim	<u>9:15 am - 10:30am</u> Pilates Julie
<u>9:00 am - 10:00 am</u> Active Older Adults Jim		<u>9:00 am - 10:00 am</u> Active Older Adults Jim			<u>10:45am- 12pm</u> **Dance Mercedes
	<u>5pm- 6pm</u> Jump Start Coming soon				<u>10:30am- 11:45am</u> ** PT Karate Coming soon
<u>5pm- 6pm</u> Jump Start II Jessica	<u>4:45pm - 5:25pm</u> Step II Drisana	<u>5pm- 6pm</u> Jump Start II Jessica	<u>4:45pm- 5:30pm</u> Cardio Kickboxing Misty		
<u>5pm- 6pm</u> **Karate Joe	<u>5:30pm - 5:55pm</u> AB Buster Drisana	<u>5:00pm - 6:00pm</u> ** Karate Joe	<u>5pm- 6pm</u> Jump Start Coming soon		
<u>6:30pm- 7:30pm</u> Basic spin Cheyanne	<u>6:00pm- 6:30pm</u> Cardio Kickboxing Misty	<u>6:10pm- 7:10pm</u> Zumba Akua	<u>5:30PM -6:55PM</u> SEAN'S CLASS Sean	<u>5pm- 6pm</u> Jump Start Coming soon	
<u>6:15 pm - 7:15 pm</u> Triple Threat Drisana	<u>6:30pm- 7:40pm</u> Yoga Julie	<u>6:35 pm - 7:35pm</u> Spin Cheyanne	<u>7:00PM - 8:00PM</u> Zumba Anita	<u>5:30pm - 6:30pm</u> Zumba Akua	
<u>7:30pm - 8:30pm</u> Zumba Anita	<u>6:30pm- 8:00pm</u> **MMA Conditioning Coming Soon	<u>7:30pm- 8:30pm</u> Pilates Melissa	<u>6:30pm- 8:00pm</u> **MMA Conditioning Coming Soon		
<b>WATER AEROBICS</b>					
<u>9:00am- 10:00am</u> LOW IMPACT Ricky	<u>8:30 am-9:30 am</u> MEDIUM IMPACT Melissa	<u>9:00am- 10:00am</u> LOW IMPACT Ricky	<u>8:30 am-9:30 am</u> MEDIUM IMPACT Melissa		<u>9:30 am - 10:30 am</u> HIGH INTENSE Gail
	<u>5:30 - 6:30 pm</u> HIGH INTENSE Gail		<u>5:30 - 6:30 pm</u> HIGH INTENSE Gail		

\*\* Indicates a monthly program \$ fee

\* If you would like to be notified of class changes or cancelations please sign up in your class!