



YGROUP EXERCISE™



We build strong kids, strong families, strong communities.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45 Donna Beginnig-Intermediate Yoga Studio A	5:30-6:30 Cardio Mix Studio A	5:45-6:45 Walt TBC Studio A	5:30-6:30 Bosu Studio A	5:45-6:45 Heidi TBC Studio A	7:30-8:30 Eva Cardio Mix Studio A	10:30-11:30 Cardio Mix/BOSU Studio A
5:45-6:45 Heidi Cycle Studio B	8:00-8:30 Christine Drums Alive Studio A	5:45-6:45 Donna Beginnig-Intermediate Yoga Studio B	8:45-9:45 Lauren Cycle Studio B	8:30-9 & 9-9:30 Burn Class w/ Jason Burn Room	8:00-8:45 Heidi Cycle Studio B	
7:00-8:00 Donna Cardio Circuit SilverSneakers®	8:45-9:45 Lauren Cycle Studio B	7:00-8:00 Donna Cardio Circuit SilverSneakers®	8:45-9:45 Rebekah Intermediate Yoga Studio A	8:30-9:30 Christine TBC Studio A	8:30-9:30 Jazzercise Studio A	
8:00-9:00 Rebekah Step Studio A	8:45-9:45 Christine Core Training Studio A	8:00-9:00 Lauren TBC Studio A	10:00-11:15 Lynette Low Impact Aerobics Studio A	9:00-10:00 Sandy Yoglates (Yoga/Pilates) Studio B	9:00-10:00 Eva Pilates Studio B	
8:30-9 & 9-9:30 Burn Class w/ Jason Burn Room	10:00-11:15 Lynette Low Impact Aerobics Studio A	8:30-9 & 9-9:30 Burn Class w/ Jason Burn Room	11:30-12:30 Karen YogaStretch SilverSneakers®	9:30-11:00 Yasuko Dance Aerobics Studio A	8:30-9:30 Jazzercise Studio A	
9:00-10:00 Liliana Dance Aerobics Studio A	11:30-12:30 Karen Beginning Yoga Studio A	9:00-10:00 Liliana Dance Aerobics Studio A	1:00-2:00 Lynette Exercise 101 Studio A	11:10-12:10 Jana Cardio Strength SilverSneakers®	9:45-11:00 Rahim Cardio Box Studio A	
9:00-10:00 Sandy Pilates Studio B	1:00-2:00 Lynette Exercise 101 Studio A	9:00-10:00 Sandy Pilates Studio B	4:30-5:30 Amber Kidz Action Hour Studio A	12:10-1:10 Jana Muscular Strength SilverSneakers®	9:45-11:00 Rahim Cardio Box Studio A	
11:10-12:10 Karen Cardio Circuit SilverSneakers®	4:30-5:30 Lindsay Kidz Action Hour Studio A	10:05-11:05 Rebekah TBC Studio A	4:40-5:30 Cycle Studio B	4:00-5:15 Promis Belly Dancing Studio A	10:05-11:05 Intermediate Yoga Studio B	
12:10-1:10 Karen Muscular Strength SilverSneakers®	4:40-5:30 Cycle Studio B	11:10-12:10 Leslie Cardio Circuit SilverSneakers®	6:00-7:30 Eva Cardio Box Studio A	5:30-630 Liz ZUMBA Studio A	11:15-11:45 Amber Beginning Karate Studio A	
1:30-2:30 Enroll at Desk Tai Chi Level 1 Studio A	5:30-6:30 Rahim Circuit Cross Training Studio A	12:10-1:10 Leslie Muscular Strength SilverSneakers®	6:30-7:30 Anita Intermediate Yoga Studio B	7:30-9:00 Mark Lou Kaye Social Dance Studio A	11:45-12:30 Amber Intermediate Karate Studio A	
2:30-3:30 Enroll at desk Tai Chi Level 2 Studio A	5:30-6:15 Heidi Cycle Studio B	1:30-2:30 Enroll at Desk Tai Chi Level 1 Studio A	7:30-9:30 Mary Lou Kaye Social Dance Studio A		12:30-1:30 Amber Intermediate Karate Studio A	
4:00-5:00 ZUMBA Toning Studio A	6:30-7:30 Lisa Intermediate Yoga Studio B	2:30-3:30 Enroll at desk Tai Chi Level 2 Studio A			2:00-3:00 Enroll Youth Beginning Jazz Studio A	
5:00-6:30 Rahim Cardio Box Studio A	8:00-9:30 Mary Lou Kaye Social Dance Studio A	4:30-5:30 Zumba Studio A			3:00-4:15 Enroll Teen Dance Comp. Team Studio A	
6-6:30 & 6:30-7:00 Burn Class w/Amber Burn Room		5:30-6:30 Rahim TBC Studio A			4:30-6:00 Enroll Teen Advanced Jazz Studio A	
6:30-7:30 Jazzercise Studio A		5:30-6:30 Karen Beginner Yoga Studio B				
6:30-7:30 Gladys Beginning Yoga Studio B		6-6:30 & 6:30-7:00 Burn Class w/Amber Burn Room				
7:35-8:20 Rebekah Cycle Studio B		6:30-7:30 Jazzercise Studio A				
		6:30-7:30 Eva Pilates Studio B				
		7:35-8:20 Eva Cycle Studio B				
		7:30-9:30 Mary Lou Kaye Social Dance Studio A				

as of 06/01/10

Class times are subject to change without notice