



Highlights new or changed class.

A.E. FINLEY
YMCA

FEBRUARY 2010

Trekking Classes require sign-up at the Fitness Desk or by calling 845-3868.

Please not all classes with ** are held in the Multi-Purpose Room downstairs. Classes with *** are held in the O'Herron Room across from the indoor pool

Child Care Hours: Monday-Friday 8:15am-1:00pm, 4:15-8:00 pm Saturday 8:30 am-1:00pm Sunday 1:00-4:30 pm

	Monday 2/1	Tuesday 2/2	Wednesday 2/3	Thursday 2/4	Friday 2/5	Saturday 2/6	
<p>Stay on track for wellness in the New Year!</p> <p>Member Appreciation Day on Wednesday, February 18th. Join us for a variety of health screenings and information including:</p> <ul style="list-style-type: none"> Cholesterol screenings* Blood pressure checks Ask the Therapist - back pain, posture assessments, etc. Ask the Trainer - flexibility tests, body composition Body Mass Index Health displays, exhibits and giveaways! <p>*Pre-registration required for cholesterol screenings. Stop by the Welcome Desk to register today.</p>	5:45 am Muscle Amy Jo 5:45 am Cycle Express Rosemary 6:30 am Absolute Abs Rosemary 8:30 am Muscle Larisa 8:30 am Cycle Express Nancy 9:30 am Yoga Hour** Nancy 9:30 am Box n Abs Paula 9:30 am Cycle Dana 10:30 am Step/Flex Linda 10:30 am Pilates 2** Kristin 11:30 am Gentle Yoga Elizabeth 1:00 pm Fit For Life Paula 4:30 pm AeroBox Debbie B. 5:30 pm Cycle Express Alison 5:30 pm Pump Brenda 6:30 pm Cycle Tim/Donna 6:30 pm Step Challenge Linda 7:30 pm Yoga Mary Kay	5:45 am Sports Paula 8:00 am Trek* Rosemary 8:30 am Soul Cycle Kathy 8:30 am Bosu Blast Debbie B. 9:30 am Cycle/Brick Rosemary 9:30 am Muscle Billie 10:30 am Yoga Jody 12:00 pm Gentle Pilates Angie 12:00 pm Chair Yoga** Jody 12:15 pm Cycle Express Billie 4:30 pm Trek* Rosemary 4:30 pm Kids Yoga** Elizabeth 4:30 pm Bosu Blast Brenda 5:30 pm Boot Camp Paula 6:00 pm Cycle Express Tom 6:30 pm Cardio Muscle Donna 6:50 pm Pi/Yo** Tom 7:30 pm Gentle Yoga Julie R.	5:45 am Pilates 1&2 Amy Jo 5:45 am Cycle Alison 6:05 am Trek* Kathy 6:45 am Absolute Abs Kathy 8:30 am Cardio Muscle Stacey 8:30 am Cycle Express Rosemary 9:30 am Pilates 2&3 Elizabeth 9:30 am Cycle Billie 10:30 am Yoga Cathy 12:00 pm Cardio Muscle Rosemary 1:00 pm Fit For Life Cathy 4:30 pm Box and Abs Amy Jo 5:30 pm Muscle Brenda 6:30 pm Cycle Brenda 6:30 pm Yoga Michelle	5:45 am Cardio Muscle Paula 5:45 am Cycle/Brick Rosemary 8:30 am Sports Wendy 8:30 am Cycle Alison 8:30 am Trek* Dayle 9:30 am Step Challenge Linda 9:30 am Pilates 1&2** Louise 10:30 am Muscle Larisa 11:30 am Gentle Yoga Cathy 12:15 pm Cycle Express Dana 4:30 pm Pump Kristin 4:30 pm Trek n Truck* Rosemary 5:00 pm Cycle Express Rosemary 5:30 pm Zumba Elizabeth 6:00 pm Cycle Tom 6:30 pm Pilates 1&2 Lisa	5:45 am Boot Camp Paula 5:45 am Cycle Billie 8:00 am Trek* Kathy 8:30 am Muscle Rosemary 8:30 am Cycle Express Dayle 9:30 am Zumba Mary 9:30 am Cycle Paula 10:30 am Yoga Julie D. 12:00 pm Muscle Billie 1:00 pm Fit For Life Billie 4:30 pm Muscle Morgan 5:30 pm Cycle Morgan 5:30 pm Yoga Basics Julie R.	7:45 am Muscle Billie 7:45 am Cycle Paula 9:00 am Cycle Stacey 9:00 am Hip Hop Hustle Billie 9:00 am Kids Conditioning*** Wendy/Morgan 10:00 am Pilates Basics** Morgan 10:00 am Pilates 1&2 Kristin 11:00 am Yoga Michelle	
	Sunday 2/7	Monday 2/8	Tuesday 2/9	Wednesday 2/10	Thursday 2/11	Friday 2/12	Saturday 2/13
	1:15 pm Pilates 2&3 Louise 2:15 pm Step Amy Jo 2:15 pm Cycle Dayle 3:15 pm Muscle Stacey 4:15 pm Yoga Jody	5:45 am Muscle Debbie B. 5:45 am Cycle Express Paula 6:30 am Absolute Abs Paula 8:30 am Muscle Larisa 8:30 am Cycle Express Tom 9:30 am Yoga Hour** Cathy 9:30 am Box n Abs Stephanie 9:30 am Cycle Morgan 10:30 am Step/Flex Kristin 10:30 am Pilates 2** Morgan 11:30 am Gentle Yoga Elizabeth 1:00 pm Fit For Life Paula 4:30 pm AeroBox Brenda 5:30 pm Cycle Express Alison 5:30 pm Pump Brenda 6:30 pm Cycle Tim/Donna 6:30 pm Step Challenge Linda 7:30 pm Yoga Mary Kay	5:45 am Sports Paula 8:00 am Trek* Rosemary 8:30 am Soul Cycle Kathy 8:30 am Bosu Blast Debbie B. 9:30 am Cycle/Brick Rosemary 9:30 am Muscle Paula 10:30 am Yoga Jody 12:00 pm Gentle Pilates Angie 12:00 pm Chair Yoga** Jody 12:15 pm Cycle Express Rosemary 4:30 pm Trek* Nancy 4:30 pm Kids Pilates** Lisa 4:30 pm Bosu Blast Brenda 5:30 pm Boot Camp Paula 6:00 pm Cycle Express Tom 6:30 pm Cardio Muscle Donna 6:50 am Pi/Yo** Tom 7:30 pm Gentle Yoga Julie R.	5:45 am Pilates 1&2 Kristin 5:45 am Cycle Alison 6:05 am Trek* Rosemary 6:45 am Absolute Abs Rosemary 8:30 am Cardio Muscle Billie 8:30 am Cycle Express Rosemary 9:30 am Pilates 2&3 Elizabeth 9:30 am Cycle/LSD Billie 10:30 am Yoga Julie D. 12:00 pm Cardio Muscle Stephanie 1:00 pm Fit For Life Nancy 4:30 pm Box and Abs Debbie B. 5:30 pm Muscle Debbie B. 6:30 pm Cycle Brenda 6:30 pm Yoga Michelle	5:45 am Muscle Billie 5:45 am Cycle/Brick Rosemary 8:30 am Sports Rosemary 8:30 am Cycle Alison 8:30 am Trek* Dayle 9:30 am Team Step Linda 9:30 am Pilates 1&2** Louise 10:30 am Muscle Larisa 11:30 am Gentle Yoga Cathy 12:15 pm Cycle Express Stacey 4:30 pm Pump Brenda 4:30 pm Trek n Truck* Dayle 5:00 pm Cycle Express Dayle 5:30 pm Zumba Elizabeth 6:00 pm Cycle Brenda 6:30 pm Pilates 1&2 Lisa	5:45 am Boot Camp Debbie L. 5:45 am Cycle Billie 8:00 am Trek* Kathy 8:30 am Muscle Paula 8:30 am Cycle Express Dayle 9:30 am Zumba Mary 9:30 am Cycle Paula 10:30 am Yoga Julie D. 12:00 pm Muscle Debbie B. 1:00 pm Fit For Life Gina 4:30 pm Muscle Amy Jo 5:30 pm Cycle Dana 5:30 pm Yoga Basics Cathy	7:45 am Muscle Paula 7:45 am Cycle Alison 9:00 am Cycle Billie 9:00 am Bosu Blast Brenda 9:00 am Kids Conditioning*** Steph/Wendy 10:00 am Cycle Basics Brenda 10:00 am Pilates 1&2 Kristin 11:00 am Yoga Michelle

Sunday 2/14		Monday 2/15		Tuesday 2/16		Wednesday 2/17		Thursday 2/18		Friday 2/19		Saturday 2/20	
1:15 pm Pilates 2&3	Amy Jo	5:45 am Muscle	Debbie L.	5:45 am Sports	Paula	5:45 am Pilates 1&2	Debbie L.	5:45 am Cardio Muscle	Paula	5:45 am Boot Camp	Paula	7:45 am Muscle	Brenda
2:15 pm Step Challenge	Linda	5:45 am Cycle Express	Rosemary	8:00 am Trek*	Rosemary	5:45 am Cycle	Alison	5:45 am Cycle/Brick	Rosemary	5:45 am Cycle	Billie	7:45 am Cycle	Billie
2:15 pm Cycle	Brenda	6:30 am Absolute Abs	Rosemary	8:30 am Soul Cycle	Kathy	6:05 am Trek*	Billie	8:30 am Sports	Stephanie	8:00 am Trek*	Kathy	9:00 am Cycle	Alison
3:15 pm Muscle	Stephanie	8:30 am Muscle	Larisa	8:30 am Bosu Blast	Debbie B.	6:45 am Absolute Abs	Billie	8:30 am Cycle	Alison	8:30 am Muscle	Rosemary	9:00 am AeroBox	Debbie B.
4:15 pm Yoga	Jody	8:30 am Cycle Express	Nancy	9:30 am Cycle/Brick	Rosemary	8:30 am Cardio Muscle	Stacey	8:30 am Trek*	Dayle	8:30 am Cycle Express	Debbie L.	9:00 am Kids Conditioning***	Paula/Billie
		9:30 am Yoga Hour**	Nancy	9:30 am Muscle	Billie	8:30 am Cycle Express	Rosemary	9:30 am Step Challenge	Linda	9:30 am Zumba	Mary	10:00 am Yoga Basics**	Cathy
		9:30 am Box n Abs	Paula	10:30 am Yoga	Mary Kay	9:30 am Pilates 2&3	Elizabeth	9:30 am Pilates 1&2**	Louise	9:30 am Cycle	Paula	10:00 am Pilates 1&2	Louise
		9:30 am Cycle	Morgan	12:00 pm Gentle Pilates	Angie	9:30 am Cycle	Billie	10:30 am Muscle	Larisa	10:30 am Yoga	Julie D.	11:00 am Yoga	Michelle
		10:30 am Step/Flex	Linda	12:00 pm Chair Yoga**	Cathy	10:30 am Yoga	Cathy	11:30 am Gentle Yoga	Cathy	12:00 pm Muscle	Debbie B.		
		10:30 am Pilates 2**	Kristin	12:15 pm Cycle Express	Billie	12:00 pm Cardio Muscle	Rosemary	12:15 pm Cycle Express	Dayle	1:00 pm Fit For Life	Billie		
		11:30 am Gentle Yoga	Elizabeth	4:30 pm Trek*	Rosemary	1:00 pm Fit For Life	Cathy	4:30 pm Pump	Kristin	4:30 pm Muscle	Brenda		
		1:00 pm Fit For Life	Paula	4:30 pm Kids Yoga**	Elizabeth	4:30 pm Box and Abs	Brenda	4:30 pm Trek n Truck*	Brenda	5:30 pm Cycle	Brenda		
		4:30 pm AeroBox	Amy Jo	4:30 pm Bosu Blast	Brenda	5:30 pm Muscle	Debbie B.	5:00 Cycle Express	Brenda	5:30 pm Yoga Basics	Julie R.		
		5:30 pm Cycle Express	Alison	5:30 pm Boot Camp	Paula	6:30 pm Cycle	Nancy	5:30 pm Zumba	Elizabeth				
		5:30 pm Pump	Brenda	6:00 pm Cycle Express	Tom	6:30 pm Yoga	Michelle	6:00 pm Cycle	Tom				
		6:30 pm Cycle	Tim/Donna	6:30 pm Cardio Muscle	Donna			6:30 pm Pilates 1&2	Lisa				
		6:30 pm Step Challenge	Linda	6:50 pm Pi/Yo**	Tom								
		7:30 pm Yoga	Mary Kay	7:30 pm Gentle Yoga	Julie R.								
Sunday 2/21		Monday 2/22		Tuesday 2/23		Wednesday 2/24		Thursday 2/25		Friday 2/26		Saturday 2/27	
1:15 pm Pilates 2&3	Debbie L.	5:45 am Muscle	Debbie B.	5:45 am Sports	Paula	5:45 am Pilates 1&2	Kristin	5:45 am Muscle	Billie	5:45 am Boot Camp	Debbie L.	7:45 am Muscle	Paula
2:15 pm Step Challenge	Linda	5:45 am Cycle Express	Paula	8:00 am Trek*	Rosemary	5:45 am Cycle	Alison	5:45 am Cycle/Brick	Rosemary	5:45 am Cycle	Billie	7:45 am Cycle	Alison
2:15 pm Cycle	Dayle	6:30 am Absolute Abs	Paula	8:30 am Soul Cycle	Kathy	6:05 am Trek*	Rosemary	8:30 am Sports	Rosemary	8:00 am Trek*	Kathy	9:00 am Cycle	Stacey
3:15 pm Muscle	Stacey	8:30 am Muscle	Larisa	8:30 am Bosu Blast	Debbie B.	6:45 am Absolute Abs	Rosemary	8:30 am Cycle	Alison	8:30 am Muscle	Amy Jo	9:00 am Sports	Wendy
4:15 pm Yoga	Jody	8:30 am Cycle Express	Nancy	9:30 am Cycle/Brick	Rosemary	8:30 am Cardio Muscle	Billie	8:30 am Trek*	Dayle	8:30 am Cycle Express	Dayle	9:00 am Kids Conditioning***	Paula/Alison
		9:30 am Yoga Hour**	Cathy	9:30 am Muscle	Paula	8:30 am Cycle Express	Rosemary	9:30 am Step Challenge	Linda	9:30 am Zumba	Mary	10:00 am Step Basics**	Amy Jo
		9:30 am Box n Abs	Stephanie	10:30 am Yoga	Jody	9:30 am Pilates 2&3	Elizabeth	9:30 am Pilates 1&2**	Louise	9:30 am Cycle	Paula	10:00 am Pilates 1&2	Brenda
		9:30 am Cycle	Morgan	12:00 pm Gentle Pilates	Angie	9:30 am Cycle	Billie	10:30 am Muscle	Larisa	10:30 am Yoga	Julie D.	11:00 am Yoga	Julie R.
		10:30 am Step/Flex	Kristin	12:00 pm Chair Yoga**	Jody	10:30 am Yoga	Julie D.	11:30 am Gentle Yoga	Cathy	12:00 pm Muscle	Billie		
		10:30 am Pilates 2**	Morgan	12:15 pm Cycle Express	Rosemary	12:00 pm Cardio Muscle	Paula	12:15 pm Cycle Express	Stacey	1:00 pm Fit For Life	Gina		
		11:30 am Gentle Yoga	Elizabeth	4:30 pm Trek*	Nancy	1:00 pm Fit For Life	Paula	4:30 pm Pump	Brenda	4:30 pm Muscle	Brenda		
		1:00 pm Fit For Life	Nancy	4:30 pm Kids Pilates**	Lisa	4:30 pm Box and Abs	Debbie B.	4:30 pm Trek n Truck*	Dayle	5:30 pm Cycle	Brenda		
		4:30 pm AeroBox	Louise	4:30 pm Bosu Blast	Brenda	5:30 pm Muscle	Debbie B.	5:00 pm Cycle Express	Dayle	5:30 pm Yoga Basics	Julie R.		
		5:30 pm Cycle Express	Alison	5:30 pm Boot Camp	Brenda	6:30 pm Cycle	Brenda	5:30 pm Zumba	Elizabeth				
		5:30 pm Pump	Brenda	6:00 pm Cycle Express	Nancy	6:30 pm Yoga	Michelle	6:00 pm Cycle	Nancy				
		6:30 pm Cycle	Tim/Donna	6:30 pm Cardio Muscle	Donna			6:30 pm Pilates 1&2	Lisa				
		6:30 pm Step Challenge	Linda	6:50 pm Pi/Yo**	Nancy								
		7:30 pm Yoga	Mary Kay	7:30 pm Gentle Yoga	Julie R.								
Sunday 2/28													
1:15 pm Pilates 2&3	Louise												
2:15 pm Step Challenge	Linda												
2:15 pm Cycle	Stacey												
3:15 pm Muscle	Brenda												
4:15 pm Yoga	Lisa												



Happy Valentine's Day!