



YMCA at the Factory March 2010 Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 5:45 Cycle: Jenny 8:00 Core Moves: Jenny 9:30 Ultimate Conditioning: Laura B *10:30 Muscle Basics: Kathy S 5:30 Kickbox: Kathy 6:30 Cycle: Phillip 6:30 Muscle: Janice F	2 5:45 Ultimate Conditioning: Jenny 9:30 Cycle: Beth 9:30 Pilates 1-2: Brooke 10:30 Muscle: Louise 5:30 Hip Hop Hustle: Amanda 6:30 Bosu Sport Core: Louise	3 8:00 Core Moves: Jenny 8:30 BCC: Jenny 9:30 Kickbox: Louise 4:30 Fit4Youth: Kelly 5:30 Ultimate Conditioning: Lori 6:30 Gentle Yoga: Shannon 6:30 Cycle Xpress: Beth	4 5:45 Cycle: Wendy 9:30 Brick: Janice 9:30 Yoga: Monica 11:00 Trekking: Kathy S 5:30 Strength Fusion: Louise 6:30 Half Time: Wendy	5 8:00 Core Moves: Jenny 9:30 Zumba: Alison 10:30 Muscle: Amanda 5:30 Cycle Xpress: Kirsten	6 8:30 Beg. Yoga: Laura W 9:00 Cycle: Laura B 10:00 Half Time: Laura B	
7	8 5:45 Cycle: Jenny 8:00 Core Moves: Jenny 9:30 Ultimate Conditioning: Christy 10:30 Muscle Basics: Kathy S 5:30 Kickbox: Lori 6:30 Cycle: Phillip 6:30 Muscle: Mia	9 5:45 Ultimate Conditioning: Jenny 9:30 Cycle: Nicole 9:30 Pilates 1-2: Louise 10:30 Muscle: Conni 5:30 Hip Hop Hustle: Amanda 6:30 Bosu Sport Core: Kara	10 8:00 Core Moves: Jenny 8:30 BCC: Jenny 9:30 Kickbox: Laura B 4:30 Fit4Youth: Kelly 5:30 Ultimate Conditioning: Laura W 6:30 Gentle Yoga: Beth	11 5:45 Cycle: Wendy 9:30 Brick: Janice 9:30 Yoga: Kelly 11:00 Trekking: Sabra 5:30 Strength Fusion: Conni 6:30 Half Time: Wendy	12 8:00 Core Moves: Jenny 9:30 Step N' Strength: Linda 10:30 Muscle: Amanda 5:30 Cycle Xpress: Kara	13 8:30 Beg. Yoga: Shannon 8:30 Cycle Basics: Phillip 9:00 Cycle: Phillip 10:00 Half Time: Sabra	
14	*Special* 3:00-4:00 Punk Rope with Beth Children ages 5-12 welcome	15 5:45 Cycle: Jenny 8:00 Core Moves: Jenny 9:30 Ultimate Conditioning: Laura B 10:30 Muscle Basics: Kathy S 5:30 Kickbox: Kathy 6:30 Cycle: Phillip 6:30 Muscle: Janice F	16 5:45 Ultimate Conditioning: Jenny 9:30 Cycle: Beth 9:30 Pilates 1-2: Brooke 10:30 Muscle: Louise 5:30 Hip Hop Hustle: Amanda 6:30 Bosu Sport Core: Louise	17 8:00 Core Moves: Jenny 8:30 BCC: Jenny 9:30 Kickbox: Louise 4:30 Fit4Youth: Kelly 5:30 Ultimate Conditioning: Lori 6:30 Gentle Yoga: Shannon 6:30 Cycle Xpress: Phillip	18 5:45 Cycle: Wendy 9:30 Brick: Janice 9:30 Yoga: Monica 11:00 Trekking: Kathy S 5:30 Strength Fusion: Louise 6:30 Half Time: Wendy	19 8:00 Core Moves: Jenny 9:30 Zumba: Alison 10:30 Muscle: Amanda 5:30 Cycle Xpress: Kirsten	
21	*Special* 2:00-3:00 Family Yoga with Kelly Children ages 5-12 welcome	22 5:45 Cycle: Jenny 8:00 Core Moves: Jenny 9:30 Ultimate Conditioning: Christy 10:30 Muscle Basics: Kathy S 5:30 Kickbox: Lori 6:30 Cycle: Phillip 6:30 Muscle: Mia	23 5:45 Ultimate Conditioning: Jenny 9:30 Cycle: Nicole 9:30 Pilates 1-2: Louise 10:30 Muscle: Conni 5:30 Hip Hop Hustle: Amanda 6:30 Bosu Sport Core: Kara	24 8:00 Core Moves: Jenny 8:30 BCC: Jenny 9:30 Kickbox: Laura B 4:30 Fit4Youth: Kelly 5:30 Ultimate Conditioning: Kathy 6:30 Gentle Yoga: Laura W 6:30 Cycle Xpress: Beth	25 5:45 Cycle: Wendy 9:30 Brick: Janice 9:30 Yoga: Monica 11:00 Trekking: Sabra 5:30 Strength Fusion: Conni 6:30 Half Time: Wendy	26 8:00 Core Moves: Jenny 9:30 Step N' Strength: Linda 10:30 Muscle: Christy 5:30 Cycle Xpress: Kara	
28	29 5:45 Cycle: Jenny 8:00 Core Moves: Jenny 9:30 Ultimate Conditioning: Laura B 10:30 Muscle Basics: Kathy S 5:30 Kickbox: Lori 6:30 Cycle: Phillip 6:30 Muscle: Janice F	30 5:45 Ultimate Conditioning: Jenny 9:30 Cycle: Louise 9:30 Pilates 1-2: Brooke 10:30 Muscle: Laura B 5:30 Hip Hop Hustle: Amanda 6:30 Bosu Sport Core: Louise	31 8:00 Core Moves: Jenny 8:30 BCC: Jenny 9:30 Kickbox: Kathy 4:30 Fit4Youth: Alison 5:30 Ultimate Conditioning: Laura B 6:30 Gentle Yoga: Shannon 6:30 Cycle Xpress: Phillip				

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