



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# February 2012

## Lee County YMCA Group Fitness Schedule

Mon	Tue	Wed	Thu	Fri	Sat
		1 9:15am BOSU w/ Charlotte  6pm Muscle Cond. w/Heather	2 5:45pm Cycle w/ Cliff  7pm Power Hour w/ Barbara	3 9:15am PiYo w/ Micki	4 8:45am Cycle w/Val  10am Yoga w/Val
6 9:15am 20/20/20 w/Barbara 5:15pm Butts & Guts w/Cliff 6pm ZUMBA w/ Cristina	7 5:45pm Power Interval w/Val  7pm Yoga w/Val	8 9:15 BOSU w/ Charlotte  6pm Circuit w/ Charlotte	9 5:45pm Cycle w/ Cliff  7pm Power Hour w/ Cliff	10 9:15am Circuit w/ Barbara	11 8:45am Cycle w/ Glynda  10am Yogalates w/ Barbara
13 9:15am C&C w/ Barbara 5:15pm Butts & Guts w/Cliff 6pm Circuit w/Jean	14 5:45pm Power Interval w/Val  7pm Yoga w/Val	15 9:15am BOSU w/ Charlotte  6pm Muscle Cond. w/Heather	16 5:45pm Cycle w/ Glynda  7pm Power Hour w/ Cliff	17 9:15am PiYo w/ Micki	18 8:45am Cycle w/Val  10am Yoga w/Val
20 9:15am 20/20/20 w/Barbara 5:15pm Butts & Guts w/Cliff 6pm ZUMBA w/ Cristina	21 5:45 Step Circuit w/ Barbara  7pm PiYo w/Micki	22 9:15am Cycle w/ Glynda  6pm 20/20/20 w/ Barbara	23 5:45pm Cycle w/ Heather  7pm Musc. Cond. w/ Heather	24 9:15am PiYo w/ Micki	25 8:45am Cycle w/ Cliff 10am Yoga w/Jean
27 9:15am C&C w/ Barbara 5:15pm Butts & Guts w/Cliff 6pm ZUMBA w/ Sarah	28 5:45pm Power Interval w/Val  7pm Yoga w/Val	29 9:15am BOSU w/ Charlotte  6pm Muscle Cond. w/Barbara			

### Hours of Operation

#### Weekday Hours

Monday- Thursday: 6am- 9pm  
Friday: 6am- 8pm

#### Weekend Hours

Saturday: 8am- 5pm  
Sunday: 1pm- 5pm

### Nursery

#### Morning Hours

Monday- Friday: 9am- 10:30am  
Saturday: 8:30am- 11:15am

#### Evening Hours

Monday: 5:15pm- 7:15pm  
Tues, Wed, & Thurs: 5:15pm- 8pm

### Contact Information

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Visit us on the web at:  
[www.ymcatriangle.org](http://www.ymcatriangle.org)