

Kerr YMCA & YMCA at The Factory February 2012 Group Fitness Schedule

***Please note the NEW CLASS TIMES ***
 Yoga Tues. morning 5:35a-6:35a
 Turbo Kick Wed. night 6:15p-7:10p

Wednesday 2/1	Thursday 2/2	Friday 2/3	Saturday 2/4		
Kerr Studio 1 5:35-6:35a Cycle & Core 8:30-9:30a Beg. Yoga 9:35-11a Triple Time 5:30-6:30p Cycle Kerr Studio 2 8:30-9:25a Step & Strength 9:30-10:25a Pilates 2 10:30-11:30a Zumba 4:30-5:10p Ripped Up 5:15-5:45p Rock Bottom 6:15-7:10p Turbo Kick or Kick Factory 8-9a Core & Strength 9:30-10:30a Kickbox 5:30-6:25p Ult. Conditioning 6:30-7:30p Gentle Yoga Pool 8-9a Aqua Basics 9-10a Endurance Swim 11:30a-12:30p AOA 6:45-7:45p Aqua Pump	Kerr Studio 1 8-8:55a Cycle 9-9:55a Pilates 1 4:30-5:15p Cycle Express Kerr Studio 2 5:35-6:35a Toning 8:30-9:25a Interval Training 9:30-10:30a Toning 10:35-11:20 Cardio/ToneBasi 4:30-5:15p Kids Yoga 5:30-6:25p Step 6:45-8:15p Yoga Wellness Floor 4:30-5:15p Trekking Factory 5:35-6:35a Cycle 9:30-10:30a Brick 9:30-11a Yoga 5:30-6:30p Functional Fitness 6:30-7:30p Half Time Pool 8:30-10a H2O Int/Circuit 11:30a-12:30p AOA	Kerr Studio 1 8:30-9:30a Gentle Yoga 9:35-10:35a Cycle 5:45-6:30p Cycle Express Kerr Studio 2 5:35-6:45a Athletic Challenge 8:30-9:30a Muscle Endurance 9:35-10:30a 15x4 10:35-11:30a Hooping! 6:00-6:45p Cardio Dance Wellness Floor 8:30-9:25a Trekking Factory 8-9a Core & Strength 9:30-10:25a Step & Strength 10:30-11:30a Cardio Kickbox Pool 9-10a Adv. Aqua 11:30a-12:30p AOA	Kerr Studio 1 7:45-8:45a Cycle 9-9:30a Beginner Cycle 9:30-10:30a Cycle Kerr Studio 2 7:45-8:45a Toning 9-9:55a Pilates 1-2 10-10:55a Cardio Challenge 11a-12:30p Yoga Factory 8:30-10a Beg. Yoga 9-10a Cycle 10-11a Interval Training Pool 8:45-9:45a Adv. Aqua		
Sunday 2/5					
Kerr Studio 1 2:30-3:30p Cycle Kerr Studio 2 1:30-2:30p Strength Fusion 2:30-3:55p Half Time					
Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10	Saturday 2/11
Kerr Studio 1 8:30-9:15a Toning Basics 9:30-10:30a Cycle 10:30-11:00a Core Moves 6:30-7:30p 80's Cycle Kerr Studio 2 5:35-6:35a Half Time 8:30-9:25a Bosu/Box 9:30-10:30a Cardio/Toning 10:35-11:35a Hip Hop Hustle 4:30-5:30p Toning 5:35-6:30p Interval Training 6:35-7:35p Pilates 1-2 7:35-9:00p Yoga Factory 5:35-6:35a Cycle 8-8:30a Core Moves 9:30-10:30a Ult. Condition. 5:30-6:30p Kickbox 6:30-7:30p Zumba Pool 9-10a Deep H2O Basics 11:30a-12:30p AOA 6:45-7:45p H2O Intervals	Kerr Studio 1 7:30-8:25a Cycle & Stretch 9-10:25a Yoga 6-6:55p Cycle 7-7:30p Core Moves Kerr Studio 2 5:35-6:35a Yoga 8:30-9:30a Toning 9:35-10:30a Half Time 10:35-11:30a Step 4:30-5:25p Cardio Circuit 5:30-6:25p Toning Basics Wellness Floor/Gym 5:45-6:30a Trekking 6:30-7:30p Zumba Factory 5:35-6:35a Ult. Conditioning 9:30-10:30a Cycle 4:30-5:10:30a Pilates 2 10:30-11:30a Strength Fusior 5:30-6:30p Hip Hop Hustle 6:30-7:15p Family Cardio 6:30-7:15p Cycle Express Pool 8:30-10a Aqua Pump 11:30a-12:30p AOA	Kerr Studio 1 5:35-6:35a Cycle & Core 8:30-9:30a Beg. Yoga 9:35-11a Triple Time 5:30-6:30p Cycle Kerr Studio 2 8:30-9:25a Step & Strength 9:30-10:25a Pilates 2 10:30-11:30a Zumba 4:30-5:10p Ripped Up 5:15-5:45p Rock Bottom 6:15-7:10p Turbo Kick Factory 8-9a Core & Strength 9:30-10:30a Kickbox 5:30-6:25p Ult. Conditioning 6:30-7:30p Gentle Yoga Pool 8-9a Aqua Basics 9-10a Endurance Swim 11:30a-12:30p AOA 6:45-7:45p Aqua Pump	Kerr Studio 1 8-8:55a Cycle 9-9:55a Pilates 1 4:30-5:15p Cycle Express Kerr Studio 2 5:35-6:35a Toning 8:30-9:25a Interval Training 9:30-10:30a Toning 10:35-11:20 Cardio/ToneBasi 4:30-5:15p Kids Fit 5:30-6:25p Step 6:45-8:15p Yoga Wellness Floor 4:30-5:15p Trekking Factory 5:35-6:35a Cycle 9:30-10:30a Brick 9:30-11a Yoga 5:30-6:30p Functional Fitness 6:30-7:30p Half Time Pool 8:30-10a H2O Int/Circuit 11:30a-12:30p AOA	Kerr Studio 1 8:30-9:30a Gentle Yoga 9:35-10:35a Cycle 5:45-6:30p Cycle Express Kerr Studio 2 5:35-6:45a Athletic Challenge 8:30-9:30a Muscle Endurance 9:35-10:30a 15x4 10:35-11:30a Hooping! 6:00-6:45p Cardio Dance Wellness Floor 8:30-9:25a Trekking Factory 8-9a Core & Strength 9:30-10:25a Cardio/Tone Basi 10:30-11:30a Cardio Kickbox Pool 9-10a Adv. Aqua 11:30a-12:30p AOA	Kerr Studio 1 7:45-8:45a Cycle 9:30-10:30a Cycle Kerr Studio 2 7:45-8:45a Toning 9-9:55a Pilates 2 10-10:55a Cardio Challenge 11a-12:30p Yoga Factory 8:30-10a Beg. Yoga 9-10a Cycle 10-11a Interval Training Pool 8:45-9:45a Adv. Aqua
Sunday 2/12					
Kerr Studio 1 2-2:30p Beginner Cycle 2:30-3:30p Cycle Kerr Studio 2 1:30-2:30p Strength Fusion 2:30-3:55p Half Time Factory 2-4p Heart Opening Yoga					

Monday 2/13		Tuesday 2/14		Wednesday 2/15		Thursday 2/16		Friday 2/17		Saturday 2/18	
Kerr Studio 1		Kerr Studio 1		Kerr Studio 1		Kerr Studio 1		Kerr Studio 1		Kerr Studio 1	
8:30-9:15a Step Basics	Erin	7:30-8:25a Cycle & Stretch	Laura	5:35-6:35a Cycle & Core	Beth	8-8:55a Cycle	Teesa	8:30-9:30a Gentle Yoga	Marty	7:45-8:45a Cycle	Phillip
9:30-10:30a Cycle	Laurel	9-10:25a Yoga	Beth	8:30-9:30a Beg. Yoga	Marty	9-9:55a Pilates 1	Brooke A	9:35-10:35a Cycle	Louise	9-9:30a Beginner Cycle	Phillip
10:30-11:00a Core Moves	Louise	6-6:55p Cycle	Lance	9:35-11a Triple Time	Laura	4:30-5:15p Cycle Express	Sonia	5:45-6:30p Cycle Express	Kirsten	9:30-10:30a Cycle	Phillip
6:30-7:30p Cycle	Chris	7-7:30p Core Moves	Lance	5:30-6:30p Cycle	Mia	Kerr Studio 2		Kerr Studio 2		Kerr Studio 2	
Kerr Studio 2		Kerr Studio 2		Kerr Studio 2		5:35-6:35a Toning	Kara L.	5:35-6:45a Athletic Challenge	Beth	7:45-8:45a Toning	Kathy B
5:35-6:35a Half Time	Wendy	5:35-6:35a Yoga	Carla	8:30-9:25a Step & Strength	Erin	8:30-9:25a Interval Training	Sabra	8:30-9:30a Muscle Endurance	Lori B.	9-9:55a Pilates 2	Brooke A.
8:30-9:25a Bosu/Box	Sabra	8:30-9:30a Toning	Laura	9:30-10:25a Pilates 2	Brooke A	9:30-10:30a Toning	Laura	9:35-10:30a 15x4	Christy	10-10:55a Cardio Challenge	Kirsten
9:30-10:30a Cardio/Toning	Louise	9:35-10:30a Half Time	Lori B.	10:30-11:30a Zumba	Gaby	10:35-11:20 Cardio/ToneBasi	Lori L.	10:35-11:30a Hooping!	Cathy	11a-12:30p Yoga	Jana
10:35-11:35a Hip Hop Hustle	Traci	10:35-11:30a Step	Sabra	4:30-5:10p Ripped Up	Janice F	4:30-5:15p Kids Yoga	Joy P.	6:00-6:45p Cardio Dance	Erin	Factory	
4:30-5:30p Toning	Janice F	4:30-5:25p Cardio Circuit	Kathy B.	5:15-5:45p Rock Bottom	Janice F	5:30-6:25p Super Step&Tone	Erin	Wellness Floor		8:30-10a Beg. Yoga	Cindy
5:35-6:30p Interval Training	Christy	5:30-6:25p Toning Basics	Heather	6:15-7:10p Turbo Kick	Joy M.	6:45-8:15p Yoga	Kelly	8:30-9:25a Trekking	Laura	9-10a Cycle	Lance
6:35-7:35p Pilates 1-2	Brooke A	Wellness Floor/Gym		Factory		Wellness Floor		Factory		10-11a Interval Training	Kara L.
7:35-9:00p Yoga	Jana	5:45-6:30a Trekking	Wendy	8-9a Core & Strength	Conni	4:30-5:15p Trekking	Kathy B.	8-9a Core & Strength	Conni	Pool	
Factory		6:30-7:30p Zumba	Giannina	9:30-10:30a Kickbox	Louise	Factory		9:30-10:25a Step & Strength	Sabra	8:45-9:45a Adv. Aqua	Joy P.
5:35-6:35a Cycle	Kirsten	Factory		5:30-6:25p Ult. Conditioning	Shannon	5:35-6:35a Cycle	Lance	10:30-11:30a Cardio Kickbox	Sabra		
8-8:30a Core Moves	Laura	5:35-6:35a Ult. Conditioning	Kara L.	6:30-7:30p Gentle Yoga	Jana	9:30-10:30a Brick	Laurel	Pool			
9:30-10:30a Ult. Condition.	Laura	9:30-10:30a Cycle	Brooke A	Pool		9:30-11a Yoga	Conni	9-10a Adv. Aqua	Kathy S.		
5:30-6:30p Kickbox	Lori B	9:30-10:30a Pilates 2	Louise	8-9a Aqua Basics	Kathy S.	5:30-6:30p Functional Fitness	Louise	11:30a-12:30p AOA	Kathy S.		
6:30-7:30p Zumba	Gaby	10:30-11:30a Strength Fusior	Conni	9-10a Endurance Swim	Janice H.	6:30-7:30p Half Time	Kara L.			Sunday 2/19	
Pool		5:30-6:30p Hip Hop Hustle	Traci	11:30a-12:30p AOA	Christie	Pool				Kerr Studio 1	
9-10a Deep H2O Basics	Teresa	6:30-7:15p Family Cardio	Kara L.	6:45-7:45p Aqua Pump	Christie	8:30-10a H2O Int/Circuit	Heather			2:30-3:30p Cycle	Lance
11:30a-12:30p AOA	Kathy S.	6:30-7:15p Cycle Express	Kirsten			11:30a-12:30p AOA	Heather			Kerr Studio 2	
6:45-7:45p H2O Intervals	Sonia	Pool								1:30-2:30p Strength Fusion	Kirsten
		8:30-10a Aqua Pump	Heather							2:30-3:55p Half Time	Wendy
		11:30a-12:30p AOA	Kathy S.							4-5p Zumba	Kandace
Monday 2/20		Tuesday 2/21		Wednesday 2/22		Thursday 2/23		Friday 2/24		Saturday 2/25	
Kerr Studio 1		Kerr Studio 1		Kerr Studio 1		Kerr Studio 1		Kerr Studio 1		Kerr Studio 1	
8:30-9:15a Toning Basics	Kathy S	7:30-8:25a Cycle & Stretch	Laura	5:35-6:35a Cycle & Core	Beth	8-8:55a Cycle	Teesa	8:30-9:30a Gentle Yoga	Marty	7:45-8:45a Cycle	Phillip
9:30-10:30a Cycle	Brooke A	9-10:25a Yoga	Conni	8:30-9:30a Beg. Yoga	Marty	9-9:55a Pilates 1	Brooke A	9:35-10:35a Cycle	Brooke A	9:30-10:30a Cycle	Lance
10:30-11:00a Core Moves	Louise	6-6:55p Cycle	Lance	9:35-11a Triple Time	Dana	4:30-5:15p Cycle Express	Dana	5:45-6:30p Cycle Express	Kara G.	Kerr Studio 2	
6:30-730p Octane Cycle	Chris	7-7:30p Core Moves	Lance	5:30-6:30p Cycle	Shannon	Kerr Studio 2		Kerr Studio 2		7:45-8:45a Toning	Kathy B
Kerr Studio 2		Kerr Studio 2		Kerr Studio 2		5:35-6:35a Toning	Kara L.	5:35-6:45a Athletic Challenge	Beth	9-9:55a Pilates 2	Louise
5:35-6:35a Half Time	Wendy	5:35-6:35a Yoga	Carla	8:30-9:25a Step & Strength	Erin	8:30-9:25a Interval Training	Sabra	8:30-9:30a Muscle Endurance	Lori B.	10-10:55a Step Challenge	Erin
8:30-9:25a Bosu/Box	Sabra	8:30-9:30a Toning	Laura	9:30-10:25a Pilates 2	Christy	9:30-10:30a Toning	Laura	9:35-10:30a 15x4	Lori B.	11a-12:30p Yoga	Jana
9:30-10:30a Cardio/Toning	Louise	9:35-10:30a Half Time	Sabra	10:30-11:30a Zumba	Gaby	10:35-11:20 Cardio/ToneBasi	Lori L.	10:35-11:30a Hooping!	Cathy	Factory	
10:35-11:35a Hip Hop Hustle	Traci	10:35-11:30a Step	Sabra	4:30-5:10p Ripped Up	Kathy B	4:30-5:15p Kids Fit	Kara L.	6:00-6:45p Cardio Dance	Erin	8:30-10a Beg. Yoga	Cindy
4:30-5:30p Toning	Kathy B	4:30-5:25p Cardio Circuit	Kathy B.	5:15-5:45p Rock Bottom	Kathy B	5:30-6:25p Step	Erin	Wellness Floor		9-10a Cycle	Kirsten
5:35-6:30p Interval Training	Christy	5:30-6:25p Toning Basics	Janice H	6:15-7:10p Turbo Kick	Joy M.	6:45-8:15p Yoga	Cindy	8:30-9:25a Trekking	Laura	10-11a Interval Training	Kara L.
6:35-7:35p Pilates 1-2	Brooke A	Wellness Floor/Gym		Factory		Wellness Floor		Factory		Pool	
7:35-9:00p Yoga	Jana	5:45-6:30a Trekking	Wendy	8-9a Core & Strength	Conni	4:30-5:15p Trekking	Kathy B.	8-9a Core & Strength	Conni	8:45-9:45a Adv. Aqua	Heather
Factory		6:30-7:30p Zumba	Giannina	9:30-10:30a Kickbox	Laura	Factory		9:30-10:25a Cardio/Tone Basi	Heather		
5:35-6:35a Cycle	Phillip	Factory		5:30-6:25p Ult. Conditioning	Louise	5:35-6:35a Cycle	Phillip	10:30-11:30a Cardio Kickbox	Sabra		
8-8:30a Core Moves	Laura	5:35-6:35a Ult. Conditioning	Kara L.	6:30-7:30p Gentle Yoga	Jana	9:30-10:30a Brick	Shannon	Pool			
9:30-10:30a Ult. Condition.	Laura	9:30-10:30a Cycle	Beth	Pool		9:30-11a Yoga	Conni	9-10a Adv. Aqua	Kathy S.		
5:30-6:30p Kickbox	Lori B	9:30-10:30a Pilates 2	Brooke A	8-9a Aqua Basics	Kathy S.	5:30-6:30p Functional Fitness	Lori B.	11:30a-12:30p AOA	Sonia		
6:30-7:30p Zumba	Gaby	10:30-11:30a Strength Fusior	Louise	9-10a Endurance Swim	Janice H.	6:30-7:30p Half Time	Kara L.			Sunday 2/26	
Pool		5:30-6:30p Hip Hop Hustle	Traci	11:30a-12:30p AOA	Christie	Pool				Kerr Studio 1	
9-10a Deep H2O Basics	Teresa	6:30-7:15p Family Cardio	Kara L.	6:45-7:45p Aqua Pump	Christie	8:30-10a H2O Int/Circuit	Heather			2:30-3:30p Cycle	Brooke A.
11:30a-12:30a AOA	Sonia	6:30-7:15p Cycle Express	Kirsten			11:30a-12:30p AOA	Heather			Kerr Studio 2	
6:45-7:45p H2O Intervals	Sonia	Pool								1:30-2:30p Strength Fusion	Louise
		8:30-10a Aqua Pump	Heather							2:30-3:55p Half Time	Wendy
		11:30a-12:30p AOA	Christie							4-5p Zumba	Kandace

Monday 2/27	Tuesday 2/28	Wednesday 2/29
Kerr Studio 1	Kerr Studio 1	Kerr Studio 1
8:30-9:15a Step Basics Erin	7:30-8:25a Cycle & Stretch Laura	5:35-6:35a Cycle & Core Beth
9:30-10:30a Cycle Kara G	9-10:25a Yoga Beth	8:30-9:30a Beg. Yoga Marty
10:30-11:00a Core Moves Kara G	6-6:55p Cycle Lance	9:35-11a Triple Time Laura
6:30-730p Cycle Chris	7-7:30p Core Moves Lance	5:30-6:30p Cycle Mia
Kerr Studio 2	Kerr Studio 2	Kerr Studio 2
5:35-6:35a Half Time Wendy	5:35-6:35a Yoga Carla	8:30-9:25a Step & Strength Erin
8:30-9:25a Bosu/Box Sabra	8:30-9:30a Toning Laura	9:30-10:25a Pilates 2 Brooke A
9:30-10:30a Cardio/Toning Louise	9:35-10:30a Half Time Lori B.	10:30-11:30a Zumba Gaby
10:35-11:35a Hip Hop Hustle Traci	10:35-11:30a Step Sabra	4:30-5:10p Ripped Up Janice F
4:30-5:30p Toning Janice F	4:30-5:25p Cardio Circuit Kathy B.	5:15-5:45p Rock Bottom Janice F
5:35-6:30p Interval Training Kathy B.	5:30-6:25p Toning Basics Heather	6:15-7:10p Turbo Kick Joy M.
6:35-7:35p Pilates 1-2 Brooke A	Wellness Floor/Gym	Factory
7:35-9:00p Yoga Jana	5:45-6:30a Trekking Wendy	8-9a Core & Strength Conni
Factory	6:30-7:30p Zumba Giannina	9:30-10:30a Kickbox Louise
5:35-6:35a Cycle Kirsten	Factory	5:30-6:25p Ult. Conditioning Shannon
8-8:30a Core Moves Laura	5:35-6:35a Ult. Conditioning Kara L.	6:30-7:30p Gentle Yoga Jana
9:30-10:30a Ult. Condition. Laura	9:30-10:30a Cycle Brooke A	Pool
5:30-6:30p Kickbox Lori B	9:30-10:30a Pilates 2 Louise	8-9a Aqua Basics Kathy S.
6:30-7:30p Zumba Gaby	10:30-11:30a Strength Fusior Conni	9-10a Endurance Swim Janice H.
Pool	5:30-6:30p Hip Hop Hustle Traci	11:30a-12:30p AOA Christie
9-10a Deep H2O Basics Teresa	6:30-7:15p Family Cardio Kara L.	6:45-7:45p Aqua Pump Christie
11:30a-12:30p AOA Kathy S	6:30-7:15p Cycle Express Kirsten	
6:45-7:45p H2O Intervals Sonia	Pool	
	8:30-10a Aqua Pump Heather	
	11:30a-12:30p AOA Kathy S.	

Kerr Playhouse Hours:

Mon. – Sat. Morning: 8:15 am – 12:30 pm
 Mon. -Thurs Evening: 4:15 – 8:00 pm
 Fri. Evening: 4:15 – 7:00 pm
 Sun. Afternoon: 1:00 – 4:00 pm

Playhouse Ages 6 wks. - 5 yrs.

Factory Playhouse Hours:

Mon. - Sat., 8:30 a.m. - 12:30 p.m.
 Mon. - Thurs., 4:30 - 7:30 p.m.

Sun., closed

Factory Funhouse Hours:

Tues. & Thurs., 8:30a.m. - 12:30p.m.
 Mon.-Thurs. 4:30p.m. - 7:30p.m.
 Sat. 8:30a.m.-12:30p.m.

Kerr Funhouse Hours:

*Mon., Wed., Fri., Sat. Morning: 8:15am – 12:30 p Sun., closed

*Tues. & Thurs. Morning: 8:15 – 11:30 am

Mon. -Thurs. Evening: 4:15 – 8:00 pm

Fri. Evening: 4:15 – 7:00 pm

Sun. Afternoon: 1:00 – 4:00 pm

Funhouse Ages 5 - 12 yrs.

*Funhouse children will stay in Playhouse until 9:00

