



Kraft Family YMCA February Group Fitness Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio A 7:00am LI Cond- Stacy 8:15am Yoga- Shauna 9:30am Muscle Con- Mica 10:30 Bosu Exp- Sherry 11:00am Zumba Exp- Sherry Track Out 1:00pm- 5:30pm PHX- Cheryl 6:30pm Kickboxing- Jennifer 7:30pm Yoga- Jenny Studio B 5:45am Cycle- Lois 8:15am Cycle- Mary 9:30am Yo-Cycle- Kate 11:00am Pilates- Romain 6:30pm Cycle- Kate 7:30pm Cycle Bootcamp- CarolAnn Gym 5:30pm YouthAcademy- Wellness	Studio A 5:45am PHX- Sharon 8:15am Low Imp PH- Beth 9:30am PHX- Mary 10:30am Legs&Abs- Mary 11:00pm- Yoga 2- Stacy Track Out 1:00pm- Cheryl Middle School 4:00pm- Terrel 5:30pm Step- Gretchen 6:30pm Zumba/D P- Erica 7:30pm Dance Toning- Erica Studio B 9:30am Cycle- Stacy 5:30pm Smart Start- Jennifer Beginner Kickboxing 6:30pm Cycle- Stacy Multipurpose Room 6:30pm Gentle Yoga- Angela	Studio A 7:00am LI Cond- Janet 8:15am Yoga- Stacy 9:30am Step Interval- Romain 10:30am Killer Abs- Romain 11:00am Pilates- Stacy Track Out 1:00pm- Sherry 5:30pm Zumba/D P- Genean 6:30pm Muscle Con- Stacy 7:30pm Yoga- Gretchen Studio B 5:45am Cycle- Rob 8:15am Cycle- Melinda 9:30am Cycle- Tim 6:30pm Cycle- Tim 7:30pm Killer Abs- Tim Gym 5:30pm YouthAcademy- Wellness	Studio A 5:45am PHX- Karee 8:15am Low Imp.PH- Stacy 9:30am Step- Mica 10:30am Upper&Abs- Mica 11:00pm Yoga- Shauna Track Out 1:00pm- Sharon Middle School 4:00pm- Sharon 5:30pm Muscle Con- Cheryl 6:30pm Zumba/D P- Joanna 7:30pm Dance Toning- Joanna Studio B 9:30am Cycle BC- Mary 6:30pm Cycle- CarolAnn Multipurpose Room 6:30pm Core Cardio- Shannon	Studio A 8:15am Yoga- Shauna 9:30am Mus. Con- Melinda 10:30am Zumba/D P- Stacy 11:30am Gentle Yoga- Karee 5:30pm Yoga- Janet Studio B 5:45am Cycle- Stephanie 8:15am Cycle- Rob 9:30am Cycle- Jen	Studio A 9:30am PHX- CarolAnn 10:30am Zumba/D P- Joanna 11:30am Mus Con- Mica 12:30pm Gentle Yoga- Jenny Studio B 8:00am Cycle- Stacy 9:15am Cycle- Jen
Sunday					
Studio A 3:00pm Cardio Exp- Bosu 3:30pm Exp Strength- Stacy 4:00pm 75 min.Yoga- Angela Studio B 2:30pm Cycle- CarolAnn					
Studio A 7:00am LI Cond- Tim 8:15am Yoga- Jenny 9:30am Muscle Con- Shauna 10:30 Zumba/D P Exp- Shannon 11:00am Dance Toning- Shannon Track Out 1:00pm- Stacy 5:30pm PHX- Mary 6:30pm Kickboxing- Jennifer 7:30pm Yoga- Lois Studio B 5:45am Cycle- Tim 8:15am Cycle- Jen 9:30am Yo-Cycle- Jenny 6:30pm Cycle- Stacy 7:30pm Cycle Bootcamp- CarolAnn Gym 5:30pm YouthAcademy- Wellness Martha's Den (New Addition) 6:40pm Zumba- Joanna	Studio A 5:45am PHX- Gretchen 8:15am Low Imp PH- Beth 9:30am Halftime- Stacy 10:30am Legs&Abs- Stacy 11:00am- Yoga 1-2- Shauna Track Out 1:00pm- Cheryl 5:30pm Step 2- Mica 6:30pm Zumba/D P- Erica 7:30pm Dance Toning- Erica Studio B 9:30am Cycle- Karee 5:30pm Smart Start- Jennifer Beginner Muscle Cond. Melinda 6:30pm Cycle- Melinda Multipurpose Room 6:30pm Gentle Yoga- Janet	Studio A 7:00am LI Cond- Gretchen 8:15am Yoga- Stacy 9:30am Step Interval- Melinda 10:30am Killer Abs- Melinda 11:00am Pilates- Stacy Track Out 1:00pm- Janet 5:30pm Zumba/D P- Joanna 6:30pm Dance Toning- Ellen 7:30pm Yoga- Jenny Studio B 5:45am Cycle- Lois 8:15am Cycle- Rob 9:30am Cycle- Romain 6:30pm Cycle- Genean 7:30pm Killer Abs- Genean Gym 5:30pm YouthAcademy- Wellness	Studio A 5:45am PHX- Sharon 8:15am Low Imp.PH- Jen 9:30am Step- Romain 10:30am Upper&Abs- Romain 11:00pm Yoga1-2- Stacy Track Out 1:00pm- Amy S 5:30pm Muscle Con- Deborah 6:30pm Zumba/D P- Sherry 7:30pm Dance Toning- Beth Studio B 9:30am Cycle BC- Stacy 6:30pm Cycle- Rob Multipurpose Room 6:30pm Core Cardio- Sharon	Studio A 8:15am Yoga- Janet 9:30am Mus. Con- Mica 10:30am Zumba/D P- Shauna 11:30am Gentle Yoga- Karee 5:30pm Yoga- Angela Studio B 5:45am Cycle- Rob 8:15am Cycle- Tim 9:30am Cycle- Melinda	Studio A 9:30am PHX- Mica 10:30am Zumba/D P- Amy V 11:30am Mus Con- Jennifer 12:30pm Gentle Yoga- Janet Studio B 8:00am Cycle- Stephanie 9:15am Cycle- Karee
Sunday					
Studio A 3:00pm Cardio Exp- Cheryl Kickboxing 3:30pm Exp Strength- Cheryl 4:00pm 75min.Yoga- Jenny Studio B 2:30pm Cycle- Shannon					

Nursery Hours
 Monday-Friday: 9:00am-12:30pm and Monday-Thursday: 4:30pm - 8:00pm
 Friday: 4:30pm - 7:30pm
 Saturday: 9:00am - 12:30pm and Sunday: 2:30pm - 5:15pm



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Studio A 7:00am LI Cond- Stacy 8:15am Yoga- Shauna 9:30am Muscle Con- Tim 10:30 Zumba/D P Exp- Joanna 11:00am Dance Toning- Joanna Track Out 1:00pm- Janet 5:30pm PHX- Deborah 6:30pm Kickboxing- Cheryl 7:30pm Yoga- Angela Studio B 5:45am Cycle- Rob 8:15am Cycle- Tim 9:30am Cyclates- Melinda 6:30pm Cycle- Jen 7:30pm Cycle Bootcamp- Rob Gym 5:30pm YouthAcademy- Wellness Martha's Den (New Addition) 6:40pm Zumba- Stacy	Studio A 13 5:45am PHX- Gretchen 8:15am Low Imp PH- Beth 9:30am Halftime- Mary 10:30am Legs&Abs- Mary 11:00am Yoga 1-2- Angela Track Out 1:00pm- Stacy 5:30pm Step- Romain 6:30pm Zumba/D P- Stacy 7:30pm Dance Toning- Stacy Studio B 9:30am Cycle- Jen 5:30pm Smart Start- Shauna Beginner Zumba 6:30pm Cycle- Tim Multipurpose Room 6:30pm Gentle Yoga- Jenny	Studio A 14 7:00am LI Cond- Ellen 8:15am Yoga- Janet 9:30am Step Interval- Romain 10:30am Killer Abs- Romain 11:00am Pilates- Janet Track Out 1:00pm- Amy S 5:30pm Zumba/D P- Stacy 6:30pm Muscle Con- Jennifer 7:30pm Yoga- Sherry Studio B 5:45am Cycle- Tim 8:15am Cycle- Jen 9:30am Cycle- Melinda 6:30pm Cycle- Gretchen 7:30pm Killer Abs- Gretchen Gym 5:30pm YouthAcademy- Wellness	Studio A 15 5:45am PHX- Ellen 8:15am Low Imp.PH- Mica 9:30am Step- Mary 10:30am Upper&Abs- Mary 11:00pm Yoga 1-2- Jenny Track Out 1:00pm- Sharon 5:30pm Muscle Con- Melinda 6:30pm Zumba/D P- Amy V 7:30pm Dance Toning- Amy V Studio B 9:30am Cycle BC- Stacy 6:30pm Cycle- Rob Multipurpose Room 6:30pm Core Cardio- Carol Ann	Studio A 16 8:15am Yoga- Karee 9:30am Mus. Con- Mica 10:30am Zumba/D P- Mary 11:30am Gentle Yoga- Mary 5:30pm Yoga- Jenny Studio B 5:45am Cycle- Stephanie 8:15am Cycle- Tim 9:30am Cycle- Rob Martha's Den (New Addition) 6:30pm Zumba- Joanna Dance for you Heart!	Studio A 18 9:30am PHX- Mary 10:30am Zumba/D P- Erica 11:30am Mus Con- Mica 12:30pm Gentle Yoga- Stacy Studio B 8:00am Cycle- Rob 9:15am Cycle- Stacy	
					Sunday	
					Studio A 19 3:00pm Cardio Exp- Tim Step 3:30pm Exp Strength- Tim 4:00pm 75 min.Yoga- Janet Studio B 2:30pm Cycle- CarolAnn	
Studio A 7:00am LI Cond- Ellen 8:15am Yoga- Stacy 9:30am Muscle Con- Melinda 10:30 Zumba/D P Exp- Sherry 11:00am Dance Toning- Sherry Track Out 1:00pm- Melinda 5:30pm PHX- Mica 6:30pm Kickboxing- Jennifer 7:30pm Yoga- Lois Studio B 5:45am Cycle- Rob 8:15am Cycle- Tim 9:30am Yo-Cycle- Jenny 6:30pm Cycle- Carol Ann 7:30pm Cycle Bootcamp- Mary Gym 5:30pm YouthAcademy- Wellness Martha's Den (New Addition) 6:30pm Zumba- Stacy	Studio A 20 5:45am PHX- Sharon 8:15am Low Imp PH- Stacy 9:30am Halftime- Karee 10:30am Legs&Abs- Shauna 11:00am Yoga 1-2- Shauna Track Out 1:00pm- Cheryl 5:30pm Step- Mica 6:30pm Zumba/D P- Melinda 7:30pm Dance Toning- Melinda Studio B 9:30am Cycle- Stacy 5:30pm Smart Start- Jennifer Beginner Kickboxing 6:30pm Cycle- CarolAnn Multipurpose Room 6:30pm Gentle Yoga- Angela	Studio A 21 7:00am LI Cond- Sharon 8:15am Yoga- Stacy 9:30am Step Interval- Karee 10:30am Killer Abs- Shauna 11:00am Pilates- Shauna Track Out 1:00pm- Cheryl 5:30pm Zumba/D P- Erica 6:30pm Muscle Con- Melinda 7:30pm Yoga- Angela Studio B 5:45am Cycle- Stephanie 8:15am Cycle- Stacy 9:30am Cycle- Romain 6:30pm Cycle- Genean 7:30pm Killer Abs- Genean Gym 5:30pm YouthAcademy- Wellness	Studio A 22 5:45am PHX- Tim 8:15am Low Imp.PH- Jenny 9:30am Step- Mica 10:30am Upper&Abs- Mica 11:00pm Yoga 1-2- Shannon Track Out 1:00pm- Sharon 5:30pm Muscle Con- Erica 6:30pm Zumba/D P- Cheryl 7:30pm Dance Toning- Angela Studio B 9:30am Cycle BC- Stacy 6:30pm Cycle- Stacy Multipurpose Room 6:30pm Core Cardio- Genean	Studio A 23 5:45am Yoga- Tim 8:15am Mus. Con- Jen 9:30am Zumba/D P- Tammy 10:30am Gentle Yoga- Tammy 5:30pm Yoga- Janet Studio B 5:45am Cycle- Melinda 8:15am Cycle- Deborah 9:30am Cycle- Shauna Shannon	Studio A 24 8:15am Yoga- Stacy 9:30am Mus. Con- Stacy 10:30am Zumba/D P- Joanna 11:30am Gentle Yoga- Stacy 5:30pm Yoga- Jenny Studio B 5:45am Cycle- Karee 8:15am Cycle- Rob 9:30am Cycle- Shannon	Studio A 25 9:30am PHX- Amy V 10:30am Zumba/D P- Stacy 11:30am Mus Con- Sherry 12:30pm Gentle Yoga- Stacy Studio B 8:00am Cycle- Lois 9:15am Cycle- Jen
					Sunday	
					Studio A 26 3:00pm Cardio Exp- Alison Low Impact 3:30pm Exp Strength- Alison 4:00pm 75min. Yoga- Angela Studio B 2:30pm Cycle- Mary	

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Studio A 27 7:00am LI Cond- Sharon 8:15am Yoga- Shauna 9:30am Muscle Con- Mary 10:30 Zumba/D P Exp- Melinda 11:00am Dance Toning- Melinda Track Out 1:00pm- Stacy 5:30pm PHX- Deborah 6:30pm Kickboxing- Stacy 7:30pm Yoga- Angela</p> <p>Studio B 5:45am Cycle- Tim 8:15am Cycle- Jen 9:30am Cyclates- Shannon 6:30pm Cycle- Gretchen 7:30pm Cycle Bootcamp- Genean</p> <p>Gym 5:30pm YouthAcademy- Wellness</p> <p>Martha's Den (New Addition) 6:30pm Zumba- Joanna</p>	<p>Studio A 28 5:45am PHX- Ellen 8:15am Low Imp PH- Stacy 9:30am Halftime- Mica 10:30am Legs&Abs- Mica 11:00am Yoga 1-2- Stacy Track Out 1:00pm- Cheryl 5:30pm Step- Tammy 6:30pm Zumba/D P- Sherry 7:30pm Dance Toning- Erica</p> <p>Studio B 9:30am Cycle- Karee 5:30pm Smart Start- Sharon Pilates 6:30pm Cycle- Tim</p> <p>Multipurpose Room 6:30pm Gentle Yoga- Jenny</p>	<p>Studio A 29 7:00am LI Cond- Janet 8:15am Yoga- Stacy 9:30am Step Interval- Melinda 10:30am Killer Abs- Melinda 11:00am Pilates- Romain Track Out 1:00pm- Melinda 5:30pm Zumba/D P- Stacy 6:30pm Muscle Con- Cheryl 7:30pm Yoga- Jenny</p> <p>Studio B 5:45am Cycle- Lois 8:15am Cycle- Tim 9:30am Cycle- Stacy 6:30pm Cycle- Gretchen 7:30pm Killer Abs- Gretchen</p> <p>Gym 5:30pm YouthAcademy- Wellness</p>	<p>Studio A 1 5:45am PHX- Gretchen 8:15am Low Imp.PH- Janet 9:30am Step- Mica 10:30am Upper&Abs- Mica 11:00pm Yoga 1-2- Shauna Track Out 1:00pm- Sharon Middle School 4:00pm- Terrell 5:30pm Muscle Con- Jennifer 6:30pm Zumba/D P- Joanna 7:30pm Dance Toning- Joanna</p> <p>Studio B 9:30am Cycle BC- Stacy 6:30pm Cycle- Shannon</p> <p>Multipurpose Room 6:45pm Core Cardio- Cheryl</p>	<p>Studio A 2 8:15am Yoga- Janet 9:30am Mus. Con- Jen 10:30am Zumba/D P- Sherry 11:30am Mus Con- Stacy 12:30pm Gentle Yoga- Angela</p> <p>Studio B 5:45am Cycle- Stephanie 8:15am Cycle- Rob 9:30am Cycle- Melinda</p>	<p>Studio A 3 9:30am PHX- Mark 10:30am Zumba/D P- Sherry 11:30am Mus Con- Mica 12:30pm Gentle Yoga- Janet</p> <p>Studio B 8:00am Cycle- Lois 9:15am Cycle- Stacy</p> <p style="text-align: center;">Sunday</p> <p>Studio A 4 3:00pm Cardio Exp- Erica Zumba/Dance Party 3:30pm Exp Strength- Erica 4:00pm 75 min.Yoga- Jenny</p> <p>Studio B 2:30pm Cycle- Shannon</p>

New Classes and Changes for February

Monday's
9:30 am Rotation of Yo-cycle and Cyclates
10:30 am Zumba/ Dance Party Express
11:00 am Dance Toning
6:40 pm Zumba/Dance Party

Tuesday's
9:30 am Halftime
5:30pm Smart Start-Beginner Classes

Wednesday's
9:30 am Step Interval
10:30 am Killer Abs
5:30 pm Zumba/Dance Party
7:30 pm Killer Abs

Special Events At Kraft Family YMCA

Monday nights 5:30
Weight Watchers Classes, glass room, glass room

Wednesday mornings 10 – 11 a.m.
Made to Crave classes

Feb 3rd 830-930 am Cardiac Rehab Support Group
Feb 7th 7 – 8 am Men's Bible Study, glass room
Feb 9th 645-745 pm Financial Peace University begins a 10 week class on building your financial stability
Feb 10th 7-830 am Nutrition Series on Smart Weight Loss, glass room
Feb 22nd 6- 6:45 pm Ash Wednesday Prayer Service, glass room
Feb 24th 7-830 am Talk on Stress Management, glass room
Feb 25th 1-2 pm Family Event: Community Garden Topic: Creating a Seedling for a Garden, Shelter

Feb 13 – 17th Healthy Heart Member Appreciation Week

Feb 16th 9-11 and 5 – 7
Wake Med Cholesterol Screenings and free back massages

Feb 17th 7-830 a.m.
Nutrition Series on Protective Foods for your Heart, glass room

Try these cardio classes to strengthen your heart

All yoga classes will be heart opener classes

Monday 6:30pm Kickboxing with Cheryl

Tuesday 9:30am Cycle with Jen
6:30pm cycle with Tim

Wednesday 5:30pm Zumba with Stacy

Thursday 6:30pm Core Cardio with CarolAnn

Friday 9:30am Cycle with Rob
"Dance for your Heart" 6:30-7:30 pm in Martha's Den with the Dance

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