

CARY FAMILY YMCA

GROUP FITNESS MONTHLY SCHEDULE MARCH 2010

GROUP FITNESS UPDATES

NO MORE SIGN UP

We listened, and have decided to no longer implement signing up for our group fitness classes. Here are some helpful reminders:

- First come first served.
- Be prepared to do an alternative workout in case you cannot get into class.
- Please be respectful when entering class to find your spot or bike.

MIDDLE SCHOOL CLASS SCHEDULE

Monday - 4:30pm - Bodysculpt
5:30pm - Zumba
7:30pm -Yoga

Tuesday - 8:30am - Yoga
10:30am - Dance Based Class
4:30pm - Cycling

Wednesday - 12:00pm - Yoga Basics
4:30pm - Muscle Endurance
6:00pm - Kickboxing
7:30pm - Pilates

Thursday - 10:30am - Zumba
4:30pm - Pilates
6:30pm - Zumba/Cardio Funk

Friday - 9:30am - 20/20/20
4:30pm - Basic Training
6:30pm - Dance Based Class

Saturday - 9:30am - Kickboxing

MOBILE FIT

What is Mobilfit?

MobileFit creates opportunities for learning and setting appropriate fitness goals.

MobilFit is based on your individual goals, preferred activities and current level of fitness. The workouts dynamically adapt based on your feedback, keeping you on track to achieve the goals at the pace that is right for you.

MobileFit also provides a web based portal where you can monitor your progress toward your health and wellness goals.

Sign up for an appointment at the Access desk and get started on your on your own Mobilfit workout! Look for the Kiosk on the Wellness Floor.

Any changes to the schedule will be posted on the board outside the Group Fitness Room.

CLASS DESCRIPTIONS

LAND CLASSES

BASIC TRAINING – (B.T.) An intense, fast paced cardio & strength conditioning class involving speed, agility, plyometrics, and running. This is a full body workout. (Intermediate, advanced)

BELLY DANCING- Timeless dance based class that focuses on your core while having fun. (All levels) (Specialty class- offered a few times during the year)

BODY SCULPTING- (B.S.) A toning class that targets all the major muscle groups to increase muscular strength and endurance. (All levels)

BRICK – A bike/run class. Intervals of cycling followed by run or walk. Class size limited. (All levels)

CARDIO FUNK (CF) - A cardio dance workout fused with hip/hop, funk, street jazz, and theatre. (All levels)

CYCLING – (CYC) Cycling is a non impact cardiovascular workout for a variety of fitness levels. Class may contain an abdominal workout. Class size is limited. Class length is 45 or 55 minutes. (All levels)

CYCLING ZONE TRAINING – Bring your cycling experience to a new level with designated hill, interval and endurance training. (All Levels)

DANCE PARTY – (D.P.) A fun filled workout to the music from the 60's 70's 80's 90's and today. (All levels) (Specialty class- offered a few times during the year)

EXECUTIVE EXPRESS (EE) – this 45 minute class will provide a full body workout including cardio, strength, and stretching for a great lunchtime workout. Meet on Wellness Balcony. (All levels)

HIP HOP HUSTLE (HHH) - A combination of easy to learn hip-hop dance moves choreographed to high energy music. (All levels)

KICKBOXING (KB) – A challenging action packed cardiovascular class that combines the energy and music of an aerobics class with martial arts techniques. (Intermediate)

LO IMPACT (Lo) – This class includes a warm up, stretching and abdominal exercises. Cardio portion consists of combinations of non impact moves designed to get your heart pumping. (All levels)

HI/LO IMPACT – Class format the same as lo impact with various hi impact routines put in for those participants who want more of a challenge. (All levels)

MUSCLE ENDURANCE –(M.E.) a multi functional strength class (working multiple muscle groups at a time) building muscular endurance using lower weights. (Intermediate, advanced)

PILATES – An exercise class emphasizing a balance between flexibility and core strength. All exercises done on a mat. (Beginner, Intermediate)

STEP CLASS- A workout involving stepping up and down on an adjustable platform while simultaneously performing arm movements. Abdominal exercises included in this class. (Intermediate)

STEP INTERVAL- (Step Int.)A class with intervals alternating step aerobics and hand weight/tubing exercises for the upper body. Class concludes with abdominal exercises. (Intermediate)

20/20/20 – Three workouts in one! Combine cardio, strength and core in 20 minute segments for a total body workout. (Classes may vary and may contain more than one cardio segment.) (All levels)

30,60,90 - Intervals of intense cardio and weights. Done in sets of 30, 60, and 90 seconds. (Intermediate, advanced)

YMCA Run- Outdoor running class for participants who are able to run one consecutive mile at any pace. The base loop is a 5K distance with options. Meet in the main lobby. (Intermediate, advanced)

YES (Young Energetic Seniors) – This class consists of slow to moderate lo impact combinations followed by strength and flexibility exercises. Good for beginners also.

YES Express (Young Energetic Seniors-Yes Exp.) A thirty minute cardio workout to get the morning started off right.

YOGA – A basic practice geared to the student who wishes to establish the foundations of posture and breath. (All levels)

YOGA BASICS (Yoga B.)– A class designed to enable students to become introduced to Yoga, and explore poses in greater depth. This class is geared to beginners.

YOGA II – This class is for the yoga student with experience who wishes to advance or deepen their practice. (Intermediate, advanced)

ZUMBA – A dance/fitness/aerobics class based on dancing to Latin flavored music. A typical workout might include the meringue, salsa, mambo and more. (All levels)

WATER CLASSES

COMBO – a water class combining shallow and deep. (All levels)

FUN FRIDAY- Instructors choice water class guaranteed to give a total body workout.

AQUA FITNESS (AF) – An effective water workout utilizing the length of the pool. Flotation belts provided if needed. (All levels)

AQUA JOG/RUN - An intermediate to advanced workout held mostly in the deep water wearing a flotation belt.

CARY FAMILY YMCA GROUP FITNESS SCHEDULE MARCH 2010 469-9622

SUNDAY	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6						
	<p>WATER 9:00-9:55 <u>Combo</u>- Sheri 10:00-10:45 <u>Jog/Run</u>- Sheri 7:00-7:50 <u>AF</u>- Kathy</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Eleanor 8:30-9:25 <u>YES</u>- Mich. C. 9:30-10:25 <u>Lo</u>- Nan 10:30-11:25 <u>Pilates</u>- Jennifer 12:00-12:55 <u>Yoga</u>- Janet 4:30-5:25 <u>B.S.</u>- Liz 5:30-6:25 <u>Zumba</u>- Cindy K. 6:30-7:25 <u>B.S.</u>- Amanda 7:30-8:25 <u>Yoga</u>- Renee C.</p> <p>GYM 3 9:30-10:25 <u>KB</u>- Cindy W. 5:30-6:25 <u>B.T.</u>-Yvonne</p> <p>TRACK 9:30-10:25 <u>Brick</u>- Elizabeth</p> <p>WELLNESS BALCONY 12:00 -12:45 <u>E.E.</u>- Renee</p>	<p>WATER 9:00-9:55 <u>Combo</u>- Mel</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Sheri 8:30-9:25 <u>Yoga</u> Melinda 9:30-10:25 <u>Step Int.</u>- Amber 10:30-11:25 <u>Zumba</u>- Bearta 4:30-5:15p <u>Cycling</u>- Donna 5:30-6:25 <u>Yoga</u>- Mich. C. 6:30-7:25 <u>20/20/20</u>- Amanda 7:30-8:25 <u>Pilates</u>- Janet</p> <p>GYM 3 9:30 -10:25 <u>B.S.</u>- Mich. B.</p>	<p>WATER 9:00-9:55 <u>Combo</u>- Donna 10:00-10:45 <u>Jog/Run</u>- Donna 7:00-7:50 <u>AF</u>- Jess</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Yoga</u>- Eleanor 8:30-9:25 <u>Yes</u>- Cheryl 9:30-10:25 <u>Cycling</u>- Phyllis 10:30-11:25 <u>Yoga II</u>- Phyllis 12:00 -12:55 <u>Yoga B.</u>- Donna 4:30-5:25 <u>M.E.</u>- Beth 5:30-6:25 <u>Step</u>- Bearta 6:30-7:25 <u>B.S.</u>- Shauna 7:30-8:25 <u>Pilates</u>- Cheryl</p> <p>GYM 3 6:00-6:55a <u>20/20/20</u>- Yvonne 9:30-10:25 <u>Hi/Lo</u>- Nan 6:00-6:55p <u>KB</u>- Renee C.</p> <p>WELLNESS BALCONY 12:00 -12:45 <u>E.E.</u>- Mich. B.</p>	<p>WATER 9:00-9:55 <u>Combo</u>- Kathy</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Stacie 8:30-9:25 <u>Yoga B.</u>- Mich. C. 9:30-10:25 <u>Cycling (Zone Training - Endurance)</u>- Donna 10:30-11:25 <u>Zumba</u>- Shauna 4:30-5:25p <u>Pilates</u>- Janet 5:30-6:15 <u>Cycling</u>- Beth 6:30-7:25 <u>Zumba</u>- Bearta 7:30-8:25 <u>Yoga</u>- Phyllis</p> <p>GYM 3 9:30-10:25 <u>B.S.</u>- Elizabeth</p> <p>LOBBY 9:30-10:30 <u>YMCA Run</u>- Romain</p>	<p>WATER 9:00-9:55 <u>Fun Friday</u>- Nan</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Yoga</u>- Stacie 8:00-8:25 <u>Yes Exp.</u>- Cheryl 8:30-9:25 <u>Pilates</u>- Jennifer 9:30-10:25 <u>Cycling</u>- Mich. C. 10:30-11:25 <u>Yoga</u>- Melinda 4:30-5:25 <u>B.T.</u>- Beth 5:30-6:25 <u>Cycling (Zone Training- Endurance)</u>- Amanda 6:30-7:25 <u>HHH</u>- Shauna</p> <p>GYM 3 6:00-6:55a <u>B.T.</u>- Cindy W. 9:30-10:25 <u>20/20/20</u>- Liz</p>	<p>WATER 9:00-9:55 <u>Combo</u>- Diane</p> <p>GROUP FITNESS ROOM 8:00-8:55 <u>Cycling</u>- Denise 9:00-9:55 <u>Step</u>- Cindy K. 10:00-10:55 <u>B.S.</u>- Angie 11:00-11:55 <u>Yoga B.</u>- Melinda</p> <p>GYM 3 8:30-9:25 <u>Lo</u>- Liz 9:30-10:25 <u>KB</u>- Renee C.</p> <p>LOBBY 9:00-10:00 <u>YMCA Run</u>- Romain</p> <p>POOLE ROOM 9:00-10:00 <u>Yoga</u>- Donna (Please bring own mat)</p>						
7	<p>WATER 9:00-9:55 <u>Combo</u>- Mich. B. 10:00-10:45 <u>Jog/Run</u>- Mich. B. 7:00-7:50 <u>AF</u>- Mary</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Stacie 8:30-9:25 <u>YES</u>- Mich. C. 9:30-10:25 <u>Lo</u>- Renee C. 10:30-11:25 <u>Pilates</u>- Janet 12:00-12:55 <u>Yoga</u>- Donna 4:30-5:25 <u>B.S.</u>- Nan 5:30-6:25 <u>Zumba</u>- Cindy K. 6:30-7:25 <u>B.S.</u>- Amanda 7:30-8:25 <u>Yoga</u>- Eleanor</p> <p>GYM 3 9:30-10:25 <u>KB</u>- Beth 5:30-6:25 <u>B.T.</u>- Shauna</p> <p>TRACK 9:30-10:25 <u>Brick</u>- Romain</p> <p>WELLNESS BALCONY 12:00 -12:45 <u>E.E.</u>- Renee</p>	8	<p>WATER 9:00-9:55 <u>Combo</u>- Mel</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Sheri 8:30-9:25 <u>Yoga</u>- Shauna 9:30-10:25 <u>Step Int.</u>- Romain 10:30-11:25 <u>CF</u>- Tameka 4:30-5:15p <u>Cycling</u>- Mich. C. 5:30-6:25 <u>Yoga</u>- Melinda 6:30-7:25 <u>20/20/20</u>- Jenn 7:30-8:25 <u>Pilates</u>- Cheryl</p> <p>GYM 3 9:30 -10:25 <u>B.S.</u>- Renee</p>	9	<p>WATER 9:00-9:55 <u>Combo</u>- Kathy 10:00-10:45 <u>Jog/Run</u>- Kathy 7:00-7:50 <u>AF</u>- Diane</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Yoga</u>- Denise 8:30-9:25 <u>Yes</u>- Cheryl 9:30-10:25 <u>Cycling</u>- Mich. C. 10:30-11:25 <u>Yoga II</u>- Melinda 12:00 -12:55 <u>Yoga B.</u>- Janet 4:30-5:25 <u>M.E.</u>- Liz 5:30-6:25 <u>Step</u>- Cindy K. 6:30-7:25 <u>B.S.</u>- Amanda 7:30-8:25 <u>Pilates</u>- Jennifer</p> <p>GYM 3 6:00-6:55a <u>20/20/20</u>- Sheri 9:30-10:25 <u>Hi/Lo</u>- Nan 6:00-6:55p <u>KB</u>- Renee C.</p> <p>WELLNESS BALCONY 12:00 -12:45 <u>E.E.</u>- Cheryl</p>	10	<p>WATER 9:00-9:55 <u>Combo</u>- Janet</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Eleanor 8:30-9:25 <u>Yoga B.</u>- Mich. B. 9:30-10:25 <u>Cycling (Zone Training - Hills)</u>- Amanda 10:30-11:25 <u>Zumba</u>- Bearta 4:30-5:25p <u>Pilates</u>- Cheryl 5:30-6:15 <u>Cycling</u>- Liz 6:30-7:25 <u>C.F.</u>- Tameka 7:30-8:25 <u>Yoga</u>- Renee C.</p> <p>GYM 3 9:30-10:25 <u>B.S.</u>- Bearta</p> <p>LOBBY 9:30-10:30 <u>YMCA Run</u>- Beth</p>	11	<p>WATER 9:00-9:55 <u>Fun Friday</u>- Mary</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Yoga</u>- Stacie 8:00-8:25 <u>Yes Exp.</u>- Donna 8:30-9:25 <u>Pilates</u>- Cheryl 9:30-10:25 <u>Cycling</u>- Donna 10:30-11:25 <u>Yoga</u>- Shauna 4:30-5:25 <u>B.T.</u>- Beth 5:30-6:25 <u>Cycling (Zone Training- Interval)</u>- Sheri 6:30-7:25 <u>Zumba</u>- Cindy K.</p> <p>GYM 3 6:00-6:55a <u>B.T.</u>- Eleanor 9:30-10:25 <u>20/20/20</u>- Liz</p>	12	<p>WATER 9:00-9:55 <u>Combo</u>- Kathy</p> <p>GROUP FITNESS ROOM 8:00-8:55 <u>Cycling</u>- Jenn 9:00-9:55 <u>Step</u>- Cindy K. 10:00-10:55 <u>B.S.</u>- Elizabeth 11:00-11:55 <u>Yoga B.</u>- Renee C.</p> <p>GYM 3 8:30-9:25 <u>Lo</u>- Nan 9:30-10:25 <u>KB</u>- Yvonne</p> <p>LOBBY 9:00-10:00 <u>YMCA Run</u>- John/Beth</p> <p>POOLE ROOM 9:00-10:00 <u>Yoga</u>- Donna (Please bring own mat)</p>	13
14	<p>WATER 9:00-9:55 <u>Combo</u>- Donna 10:00-10:45 <u>Jog/Run</u>- Donna 7:00-7:50 <u>AF</u>- Jess</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Sheri 8:30-9:25 <u>YES</u>- Mich. C. 9:30-10:25 <u>Lo</u>- Nan 10:30-11:25 <u>Pilates</u>- Jennifer 12:00-12:55 <u>Yoga</u>- Stacie 4:30-5:25 <u>B.S.</u>- Amanda 5:30-6:25 <u>Zumba</u>- Shauna 6:30-7:25 <u>B.S.</u>- Liz 7:30-8:25 <u>Yoga</u>- Renee C.</p> <p>GYM 3 9:30-10:25 <u>KB</u>- Cindy W. 5:30-6:25 <u>B.T.</u>- Romain</p> <p>TRACK 9:30-10:25 <u>Brick</u>- Beth</p> <p>WELLNESS BALCONY 12:00 -12:45 <u>E.E.</u>- Renee</p>	15	<p>WATER 9:00-9:55 <u>Combo</u>- Mel</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Eleanor 8:30-9:25 <u>Yoga</u>- Donna 9:30-10:25 <u>Step Int.</u>- Elizabeth 10:30-11:25 <u>HHH</u>- Shauna 4:30-5:15p <u>Cycling</u>- Amanda 5:30-6:25 <u>Yoga</u>- Janet 6:30-7:25 <u>20/20/20</u>- Yvonne 7:30-8:25 <u>Pilates</u>- Renee C.</p> <p>GYM 3 9:30 -10:25 <u>B.S.</u>- Mich. C.</p> <p>LOBBY 5:30-6:30p <u>YMCA Run</u>- John</p>	16	<p>WATER 9:00-9:55 <u>Combo</u>- Janet 10:00-10:45 <u>Jog/Run</u>- Janet 7:00-7:50 <u>AF</u>- Mary</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Yoga</u>- Stacie 8:30-9:25 <u>Yes</u>- Beth 9:30-10:25 <u>Cycling</u>- Beth/Donna 10:30-11:25 <u>Yoga II</u>- Melinda 12:00 -12:55 <u>Yoga B.</u>- Mich. B. 4:30-5:25 <u>M.E.</u>- Liz 5:30-6:25 <u>Step</u>- Romain 6:30-7:25 <u>B.S.</u>- Cheryl 7:30-8:25 <u>Pilates</u>- Yvonne</p> <p>GYM 3 6:00-6:55a <u>20/20/20</u>- Eleanor 9:30-10:25 <u>Hi/Lo</u>- Nan 6:00-6:55p <u>KB</u>- Cindy K.</p> <p>WELLNESS BALCONY 12:00 -12:45 <u>E.E.</u>- Amanda</p>	17	<p>WATER 9:00-9:55 <u>Combo</u>- Mel</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Beth 8:30-9:25 <u>Yoga B.</u>- Shauna 9:30-10:25 <u>Cycling (Zone Training- Interval)</u>- Mich. B. 10:30-11:25 <u>Zumba</u>- Bearta 4:30-5:25p <u>Pilates</u>- Yvonne 5:30-6:15 <u>Cycling</u>- Cheryl 6:30-7:25 <u>Dance Party</u>- Cindy K. 7:30-8:25 <u>Yoga</u>- Janet</p> <p>GYM 3 9:30-10:25 <u>B.S.</u>- Amber</p> <p>LOBBY 9:30-10:30 <u>YMCA Run</u>- Romain</p>	18	<p>WATER 9:00-9:55 <u>Fun Friday</u>- Kathy</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Yoga</u>- Eleanor 8:00-8:25 <u>Yes Exp.</u>- Cheryl 8:30-9:25 <u>Pilates</u>- Jennifer 9:30-10:25 <u>Cycling</u>- Mich. C. 10:30-11:25 <u>Yoga</u>- Melinda 4:30-5:25 <u>B.T.</u>- Amanda 5:30-6:25 <u>Cycling (Zone Training- Hills)</u>- Donna 6:30-7:25 <u>Belly Dancing</u>- Bearta</p> <p>GYM 3 6:00-6:55a <u>B.T.</u>- Yvonne 9:30-10:25 <u>20/20/20</u>- Sheri</p>	19	<p>WATER 9:00-9:55 <u>Combo</u>- Diane</p> <p>GROUP FITNESS ROOM 8:00-8:55 <u>Cycling</u>- Stacie 9:00-9:55 <u>Step</u>- Bearta 10:00-10:55 <u>B.S.</u>- Bearta 11:00-11:55 <u>Yoga B.</u>- Angie</p> <p>GYM 3 8:30-9:25 <u>Zumba</u>- Cindy K. 9:30-10:25 <u>KB</u>- Cindy W.</p> <p>LOBBY 9:00-10:00 <u>YMCA Run</u>- Romain</p> <p>POOLE ROOM 9:00-10:00 <u>Yoga</u>- Eleanor (Please bring own mat)</p>	20
21	<p>WATER 9:00-9:55 <u>Combo</u>- Kathy 10:00-10:45 <u>Jog/Run</u>- Kathy 7:00-7:50 <u>AF</u>- Mary</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Denise 8:30-9:25 <u>YES</u>- Nan 9:30-10:25 <u>Lo</u>- Nan 10:30-11:25 <u>Pilates</u>- Janet 12:00-12:55 <u>Yoga</u>- Mich. C. 4:30-5:25 <u>B.S.</u>- Renee 5:30-6:25 <u>Zumba</u>- Cindy K. 6:30-7:25 <u>B.S.</u>- Amber 7:30-8:25 <u>Yoga</u>- Renee C.</p> <p>GYM 3 9:30-10:25 <u>KB</u>- Beth 5:30-6:25 <u>B.T.</u>- Amanda</p> <p>TRACK 9:30-10:25 <u>Brick</u>- Sheri</p> <p>WELLNESS BALCONY 12:00 -12:45 <u>E.E.</u>- Mich. B.</p>	22	<p>WATER 9:00-9:55 <u>Combo</u>- Mel</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Sheri 8:30-9:25 <u>Yoga</u>- Melinda 9:30-10:25 <u>Step Int.</u>- Romain 10:30-11:25 <u>CF</u>- Tameka 4:30-5:15p <u>Cycling</u>- "Safari" Donna/Amanda 5:30-6:25 <u>Yoga</u>- Eleanor 6:30-7:25 <u>20/20/20</u>- Cindy W. 7:30-8:25 <u>Pilates</u>- Janet</p> <p>GYM 3 9:30 -10:25 <u>B.S.</u>- Shauna</p> <p>LOBBY 5:30-6:30p <u>YMCA Run</u>- John/Romain/Beth</p>	23	<p>WATER 9:00-9:55 <u>Combo</u>- Romain 10:00-10:45 <u>Jog/Run</u>- Romain 7:00-7:50 <u>AF</u>- Jess</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Yoga</u>- Stacie 8:30-9:25 <u>Yes</u>- Cheryl 9:30-10:25 <u>Cycling</u>- Mich. B. 10:30-11:25 <u>Yoga II</u>- Donna 12:00 -12:55 <u>Yoga B.</u>- Melinda 4:30-5:25 <u>M.E.</u>- Amanda 5:30-6:25 <u>Step</u>- Romain 6:30-7:25 <u>B.S.</u>- Renee C. 7:30-8:25 <u>Pilates</u>- Cheryl</p> <p>GYM 3 6:00-6:55a <u>20/20/20</u>- Sheri 9:30-10:25 <u>Hi/Lo</u>- Liz 6:00-6:55p <u>KB</u>- Cindy K.</p> <p>WELLNESS BALCONY 12:00 -12:45 <u>E.E.</u>- Jennifer</p>	24	<p>WATER 9:00-9:55 <u>Combo</u>- Kathy</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Eleanor 8:30-9:25 <u>Yoga B.</u>- Donna 9:30-10:25 <u>Cycling (Zone Training - Endurance)</u>- Jenn 10:30-11:25 <u>Zumba</u>- Bearta 4:30-5:25p <u>Pilates</u>- Cheryl 5:30-6:15 <u>Cycling</u>- Beth 6:30-7:25 <u>C.F.</u>- Tameka 7:30-8:25 <u>Yoga</u>- Janet</p> <p>GYM 3 9:30-10:25 <u>B.S.</u>- Amanda</p> <p>LOBBY 9:30-10:30 <u>YMCA Run</u>- Beth</p>	25	<p>WATER 9:00-9:55 <u>Fun Friday</u>- Janet</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Yoga</u>- Stacie 8:00-8:25 <u>Yes Exp.</u>- Cheryl 8:30-9:25 <u>Pilates</u>- Cheryl 9:30-10:25 <u>Cycling</u>- Sheri 10:30-11:25 <u>Yoga</u>- Mich. C. 4:30-5:25 <u>B.T.</u>- Jenn 5:30-6:25 <u>Cycling (Zone Training- Endurance)</u>- Liz 6:30-7:25 <u>HHH</u>- Shauna</p> <p>GYM 3 6:00-6:55a <u>B.T.</u>- Eleanor 9:30-10:25 <u>20/20/20</u>- Elizabeth</p>	26	<p>WATER 9:00-9:55 <u>Combo</u>- Mel</p> <p>GROUP FITNESS ROOM 8:00-8:55 <u>Cycling</u>- Angie 9:00-9:55 <u>Step</u>- Romain 10:00-10:55 <u>B.S.</u>- Jenn 11:00-11:55 <u>Yoga B.</u>- Janet</p> <p>GYM 3 8:30-9:25 <u>Zumba</u>- Bearta 9:30-10:25 <u>KB</u>- Cindy K.</p> <p>LOBBY 9:00-10:00 <u>YMCA Run</u>- John/Beth</p> <p>POOLE ROOM 9:00-10:00 <u>Yoga</u>- Angie (Please bring own mat)</p>	27
28	<p>WATER 9:00-9:55 <u>Combo</u>- Marie 10:00-10:45 <u>Jog/Run</u>- Donna 7:00-7:50 <u>AF</u>- Kathy</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Beth 8:30-9:25 <u>YES</u>- Mich. C. 9:30-10:25 <u>Lo</u>- Nan 10:30-11:25 <u>Pilates</u>- Jennifer 12:00-12:55 <u>Yoga</u>- Stacie 4:30-5:25 <u>B.S.</u>- Shauna 5:30-6:25 <u>Zumba</u>- Cindy K. 6:30-7:25 <u>B.S.</u>- Yvonne 7:30-8:25 <u>Yoga</u>- Liz</p> <p>GYM 3 9:30-10:25 <u>KB</u>- Renee C. 5:30-6:25 <u>B.T.</u>- Elizabeth</p> <p>TRACK 9:30-10:25 <u>Brick</u>- Romain</p> <p>WELLNESS BALCONY 12:00 -12:45 <u>E.E.</u>- Cheryl</p>	29	<p>WATER 9:00-9:55 <u>Combo</u>- Janet</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Cycling</u>- Stacie 8:30-9:25 <u>Yoga</u>- Melinda 9:30-10:25 <u>Step Int.</u>- Renee C. 10:30-11:25 <u>HHH</u>- Shauna 4:30-5:15p <u>Cycling</u>- Liz 5:30-6:25 <u>Yoga</u>- Eleanor 6:30-7:25 <u>20/20/20</u>- Sheri 7:30-8:25 <u>Pilates</u>- Yvonne</p> <p>GYM 3 9:30 -10:25 <u>B.S.</u>- Amber</p> <p>LOBBY 5:30-6:30p <u>YMCA Run</u>- Romain</p>	30	<p>WATER 9:00-9:55 <u>Combo</u>- Sheri 10:00-10:45 <u>Jog/Run</u>- Sheri 7:00-7:50 <u>AF</u>- Jess</p> <p>GROUP FITNESS ROOM 6:00-6:55a <u>Yoga</u>- Denise 8:30-9:25 <u>Yes</u>- Cheryl 9:30-10:25 <u>Cycling</u>- Beth 10:30-11:25 <u>Yoga II</u>- Mich. C. 12:00 -12:55 <u>Yoga B.</u>- Mich. B. 4:30-5:25 <u>M.E.</u>- Liz 5:30-6:25 <u>Step</u>- Romain 6:30-7:25 <u>B.S.</u>- Amanda 7:30-8:25 <u>Pilates</u>- Renee C.</p> <p>GYM 3 6:00-6:55a <u>20/20/20</u>- Sheri 9:30-10:25 <u>Hi/Lo</u>- Nan 6:00-6:55p <u>KB</u>- Yvonne</p> <p>WELLNESS BALCONY 12:00 -12:45 <u>E.E.</u>- Jennifer</p>	31	<p>Please see back for full descriptions and class names</p>					
					<p>Facility Hours Mon.-Fri. 5:30am-10pm Sat. 7:30am-6pm Sun. 1pm-6pm</p>							

