

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

4/21/10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Cycling 5:45-6:45 Dominique	Cycling 6:00-7:00 Elly	Cycling 5:45-6:45 Andrea	Cycling 6:00-7:00 Alan	Cycling 5:45-6:45 Kelly	Yoga Level II 7:45-9:00 F Sandy
	Step/Sculpt 6:00-7:00 F Lauren	Yoga All Levels 6:00-7:00 F Nancy	Strive Rm. Circuit Class 6:15-6:45 Jackie	Yoga All Levels 6:00-7:00 F Kanan	Zumba 6:00-7:00 F Eve	Athletic Cond. 8:00-9:15 Jen B
	Y's Way to Phys. Fit. 6:15-7:15 Carol G	Pump It Up 6:00-7:00 G Regi	Y's Way to Phys. Fit. 6:15-7:15 Carol G	Pump It Up 6-7 G Ashley	Y's Way to Phys. Fit. 6:15-7:15 Carol G	Cycling 8:00-9:00 Dickson
Cycling 8:00-9:00 Dickson		Tai Chi 8:00-9:00 am Don F	Athletic Conditioning 6:15-7:00 B Chris	T'ai Chi & Qi Gong 8:00-9:00 F Don		Yoga Level I 8:45-10:00 H Molly
Yoga L-2 8:00-9:15 F Nancy	AOA III 8:30-9:15 Carol G	Cycling 8:45-9:45 Carol	AOA III 8:30-9:15 Carol G	Cycling 8:45-9:45 Nava	AOA III 8:30-9:15 Carol G	Zumba 9:00-10:15 Irisha G
Cycling 9:00-10:00 Dickson	Cycling 8:30-9:30 Virginia	AOA II 9:00-9:45 Carol H	Cycling 8:30-9:30 Lori	AOA II 9:00-9:45 Carol H	Cycling 8:30-9:30 Carol	Boot Camp 9:00-10:00 Meg F
Yoga 9:30-10:45 Rebecca F	Back 2 Abs 8:40-9:10 Reggie F	Back 2 Abs 9:00-9:30 Debra G	Back 2 Abs 8:40-9:10 Irisha F	Back 2 Abs 9:00-9:30 Debra G	Back 2 Abs 8:40-9:10 Paul F	Cycling 9:00-10:00 Ashley
Cycling 10:15-11:15 Eileen	Low Impact Workout 9:15-10 Debbie F	Pump It Up 9:30-10:00 G Debra	Low Impact Workout 9:15-10:00 Debbie F	Pump It Up 9:30-10:00 G Debra	Low Impact Workout 9:15-10:00 Debbie F	Back 2 Abs 10:15-10:45 Irisha H
Back to Abs 11:00-11:30 Kim F	Pump It Up 9:15-10:00 Reggie G	Athletic Conditioning 9:30-10:30 Paul B	Zumba Funk 9:15-10:00 Irisha G	Athletic Conditioning 9:30-10:30 Paul B	Pump It Up 9:15-10:00 Paul G	Kickbox 10:00-11:00 Gennae F
Pilates 11:30-12:30 Kim F	Cycling 9:30-10:30 Leila	Zumba 9:30-10:30 F Elo	Cycling 9:30-10:30 Leila	Zumba 9:30-10:30 F Elo	Tai Chi 9:15-10:15 Don H	Cycling 10:00-11:00 Ashley
		Cycling 9:45-10:45 Eileen	Running Club 9:30-10:30 Lower lobby	Cycling 9:45-10:45 Eileen	Cycling 9:30-10:30 Lauren	Hip Hop 11:00-12:00 Tiffany F
	Yoga Iyengar 10:00-11:15 Chris F	AOA II 10:00-10:45 Carol H	Power Yoga 10:00-11:15 Paul F	AOA II 10:00-10:45 Carol H	Yoga All levels 10:00-11:15 Pamela F	Pilates Mat 11:00-12:00 Gigi H
	willPower & Grace 10:00-11:00 Adrienne G	Boot Camp 10:00-11:00 Lauren G	Boot Camp 10:00-11:00 Melissa G	Step/Sculp 10:00-11:00 Sarajane G	Step & Kick 10:00-11:00 Adrienne G	
AM		Pilates Mat 10:45-11:45 Melissa B. F		Pilates Mat 10:45-11:45 Melissa B. F		Introduction To Cycling 12:00-12:45

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga 12:30-1:45 Rebecca F		Gentle Yoga 12:30-1:45 Joyce F		Gentle Vinyasa Yoga 12:30-1:45 Rebecca F	PM
	Back to Abs 5:30-6:00 Linda F		Back to Abs 5:30-6:00 Tanya F		Back to Abs 5:30-6:00 Kevin F	
Zumba 3:30-4:30 F Moody	Low Impact 6:00-7:00 Kim F	Cycling 5:30-6:45 Tanya	willPower & grace 6:00-7:00 F Renee/Jen	Cycling 5:30-6:30 Carol	Cycling 5:00-6:00 Tanya	
Athletic Conditioning 4:00-5:00B Sandy	Pump It Up 6:00-7:00 Paul G	Hip Hop 5:30-6:30 F Tiffany	Pump It Up 6:00-7:00 G Paul	Hip Hop 5:30-6:30 F Tiffany	Cycling 6:00-7:00 Kevin	
Back 2 Abs 4:30-5:00 Kevin F	Cycling 6:00-7:00 Maura	Back to Abs 6:30-7:00 Bob F	Cycling 6:00-7:00 Virginia	Back to Abs 6:30-7:00 Kim F	JUST STRETCH 6:00-7:00 F Kim	
Cardio Kick Box 5:00-6:00 F Sandy	Pilates Mat 6:00-7:00 Elly H		Pilates Mat 6:00-7:00 Elly H		Zumba 7:00-8:00 F Jennifer	
Cycling 5:00-6:00 Kevin	Athletic Cond. 6:45-8:00 Jen B	Meditation 7:00-8:00 H Jessica	Athletic Cond. 6:45-8:00 B Jen			
	Pilates Mat 7:00-8:00 H Elly	Cycling 7:00-8:00 Bob	Pilates Mat 7:00-8:00 H Elly	Cycling 7:00-8:00 Bob		
	Zumba 7:00-8:00 F Jackie	Yoga Level I 7:00-8:00 F Molly	Zumba 7:00-8:00 F Diana	JUST STRETCH 7:00-7:30 F Kim		
	Cycling 7:00-8:00 Maura	Cardio Kickbox 7:00-8:00 G Melissa	Cycling 7:00-8:00 Kevin	Yoga Kundalini 7:00-8:15 H Akalsukh		
	YOGA All Levels 8:00-9:00 H Davis		YOGA Vinyasa Flow 8:00-9:15 H Sandy	Zumba 7:00-8:00 G Sarah		
	Cycling 8:00-9:00 Jennifer	Sculpt 8:00-9:00 F Kim	Cycling 8:00-9:00 Kevin	Sculpt 8:00-9:00 F Kim		
	Cardio Kickbox 8:00-9:00 F Edward	Introduction To Cycling 8:00-8:45 pm Vicky	Cardio Kickbox F 8:00-9:00 Ashley			PM

Fitness Studio on 2nd Floor, Gym, 1st fl., Boxing Rm., 3rd fl., Holm Rm., on first Fl.
All **Cycling** classes are in the 2nd Floor Cycling Studio.

Last updated 4/21/10