



Group Exercise

BLACKFORD COUNTY YMCA

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00 AM Y-Cycling Dennis		8:15-9:00 AM Y-Cycling Dennis			
8:15-9:15 AM Piloxing Stevie	9:15-10:30 AM Strength Training Kristie	9:30-10:30 AM Silver Sneakers Muscular Strength Tracy/Sarah	9:15-10:30 AM Strength Training Kristie	9:30-10:30 AM Silver Sneakers Muscular Strength /Cardio Tracy/ Sarah	10:00 -11:00 AM Zumba Jamie/ April
9:30-10:30 AM Silver Sneakers Muscular Strength Tracy/Sarah					
5:30-6:30 PM Strength Training Kristie	5:30-6:30 PM Piloxing Stevie	5:30-6:30 PM Strength Training Kristie	5:30- 6:30 PM Piloxing Stevie		
6:30-7:30 PM Zumba Jamie/April	6:30-7:30 PM Y-Cycling Jim	6:30-7:30 PM Zumba Jamie/April	6:30-7:30 PM Y- Cycling Jo		

*=fee based class LL=lower level S=studio CR=cycling room