



GROUP EXERCISE

DOWNTOWN YMCA

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15am Cardio Sculpt S Cathy		8:30-9:15am Cardio Sculpt S Cathy	10:15-11:00am SilverSneakers® S Jessica	8:30-9:15am Cardio Sculpt S Cathy	9:15-10:15am Strength Training S Stephanie
	10:15-11:00am SilverSneakers® S Jessica	10:15-11:00am YogaStretch+ S Karen		10:30-11:15am SilverSneakers® SS Karen	
10:30-11:15am SilverSneakers® SS Karen	New!! 12:10-1:10pm Piloxing™ S Laura	11:30-12:10pm Strength Training S Jessica	New!! 12:10-1:10pm Piloxing™ S Megan	11:30-12:10pm Strength Training S Jessica	10:30-11:15am Zumba™+ S Rebecca
11:30-12:10pm Strength Training S Jessica	4:30-5:15pm Strength Training S Stephanie	12:15-1:00pm Strength Training S Tonya		12:15-1:00pm Strength Training S Tonya	New!! 11:20-12:20pm Kickboxing S Rebecca
12:15-1:00pm Strength Training S Tonya	5:20-6:20pm Piloxing™ S Laura		4:30-5:15pm Strength Training S Stephanie		
5:20-6:00pm Kickboxing S Laura	5:30-6:30pm Yoga 60 LL Kristen	5:20-6:00pm Kickboxing S Laura	5:30-6:15pm Yoga 45 LL Kristen	New!! 5:20-6:20pm Piloxing™ S Laura	
6:10-6:55pm Zumba™+ S Jessica	6:25-7:10pm Strength Training S Carla	6:10-6:55pm Zumba™+ S Jessica	5:35-6:20pm Zumba™+ S Jessica		
7:00-8:00pm Piloxing™ S Jessica	7:15-8:00 pm Zumba™+ S Rebecca	7:00-8:00pm Piloxing™ S Megan			

***=fee based class LL=lower level S=studio CR=cycling room
+= Great for new exercisers SS=Small Studio**



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February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00am Y-Cycling CR Rebecca				8:00-9:00am Y-Cycling CR Stephanie
	11:30-12:10pm Y-Cycling CR Jessica		11:30-12:10pm Y-Cycling CR Jessica		
12:15-1:00pm Y-Cycling CR Rebecca		12:15-1:00pm Y-Cycling CR Monique		12:15-1:00pm Y-Cycling CR Monique	
	5:30-6:30pm Y-Cycling CR Rebecca	5:30-6:30 pm Y-Cycling CR Rebecca	5:30-6:30pm Y-Cycling CR Rebecca		

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