


FALL 2011 YMCA GROUP FITNESS SCHEDULE 2011 FALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Y Cycle Randy		Y Cycle Randy		
8:00am	SilverSneakers® MSROM Karen		SilverSneakers® MSROM Karen		SilverSneakers® MSROM Karen	
8:30am	Aqua Jog Carla	Senior Flex Christina	Aqua Jog Carla	Senior Flex Christina	Aqua Jog Carla	
9:15am	Step Aerobics Anne Aquacise Carla	Power Sculpt Tammy	Cardio Kick Charissa Aquacise Shellie	Power Sculpt Shellie	Zumba Danny Aquacise Vickie Beginner Resistance Run Brian	9 :00am Y Cycle Cindy D 9 :00am Yoga Sue
10:15am	10:00 Y Cycle Michele Pilates Susan	Yoga Marta	10:00 Y Cycle Carolyn Flex & Stretch Danny	Yoga Marta	10:00 Core/Cycle Karen BalletFit Danny	Core Ball Conditioning Susan/Phyllis/Moriah
12:15pm	12 :00 Advanced Resistance Run Jason 12 :15 Y Cycle Express Mary	Y Cycle Express Mary	Y Cycle Express Connie	Y Cycle Express Mary	Y Cycle Express Mary	
4:30pm	Beginner Y Cycle Bill	Y Cycle Jerry				
5:30pm	Cardio Kick Wendy/Lisa	Power Sculpt Jenna Y Cycle Amy	Hip Hop Hustle Beth	5:15 Cycle/ Sculpt Combo Moriah	Hip Hop Hustle Beth	
5:45pm	Y Cycle Cindy D		Y Cycle Cindy D	Power Pilates Phyllis		
6:30pm	Flex & Stretch Danny	Yoga Suzanne/Chris				
	7 :30 BalletFit Danny	7 :30 Zumba Danny	8 :30 DanceShape Danny			

*Teens are welcome in all classes. Pre-teens may attend with a participating adult.
Class Descriptions on Reverse. This schedule is subject to change.*