



RON ROSNER FAMILY YMCA AM GROUP FITNESS CLASS SCHEDULE- June 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 am Extreme Bootcamp-TJ G	5:00-6:00 am AM Workout - Susan A		5:00-6:00 am AM Workout - Susan A	5:00-6:00 am Extreme Bootcamp-TJ G		
9:00-10:30 am Rolling Start Cycling - Colleen C	9:30-Team YTRI Training	9:00-10:30 am Rolling Start Cycling - Pearl C	9:30-10:30 am Cycling & Core - Cathy C	9:30-10:30 am Bootcamp - Candi G	9:00-10:00 am WERQ- Courtney A	
9:30-10:30 am STRONG- Kelly A	9:30-10:30 am Bootcamp - Kelly G	9:30-10:30 am Kettlebell AMPED - Kelly / Angie G	9:30-10:30 am STRONG- Kelly A	9:30-10:30 am MC2 - Pearl A	9:00-10:00 am Cycling - Rotating Instructor C	KEY
9:30-10:00 am TRX-Natasha # G	9:30-10:30 am Step it Up - Candi A	9:00-9:30 am Zumba Tone -Jennifer D A	9:30-10:30 am Run & Fun - Pearl O	10:30 - 11:45am Hatha Yoga Intermediate Megan A	10:00-10:30 am Zumba Kids- Elisa A	A = Group Fitness Studio
10:00-10:30 am TRX-Natasha # G	10:30-11:00 am Healthy Back Core & More - Candi A	9:30-10:30 am Zumba -Jennifer D A	10:30-11:00 pm Healthy Back Core & More - Pearl A	11:45-12:45 AM Young @ Heart - Pearl A	10:30-11:30 am Zumba - Elisa A	G = Gymnasium
9:30-10:30 am Run & Fun - Pearl O	11:00-12:00 am Fun 2B Fit - Pearl A	10:30-11:30 am Hatha Yoga - Megan A	11:00-12:00 am Fun 2B Fit - Pearl A			C = Cycle Studio
10:30-11:30 am MC2 - Pearl A	12:00-12:30 pm Stretch Connect - Pearl A	10:45-11:30 am Basic Training - Pearl G	12:00-12:30 pm Stretch Connect A			O = Classes Meets Outside At the Flag Pole If Raining, in Group Fitness Studio
11:45-12:45 am Young @ Heart - Pearl A		11:45-12:45 am Young @ Heart - Pearl A				# = Limited number of participants
					 Revised 6/1	Classes in BOLD are new
No childcare is offered prior to 9:00AM						

Classes with
consistently fewer
than 5 participants
are subject to change

RON ROSNER FAMILY YMCA PM GROUP FITNESS CLASS SCHEDULE - June 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1:00-2:00 pm Therapeutic Movement - Pearl/John A		12:30-1:30 pm Therapeutic Movement - Pearl/John A			
	3:45 - 4:45 pm Tai Chi - Nancy A	4:30-5:00 pm Family Fitness-Pearl Age 5 & up A				
5:00-6:00 pm STRONG-Cathy A	5:00-6:00 pm Kettlebell AMPED - Angie C	5:00-6:00 pm Extreme Bootcamp - Ashleigh G	3:45-4:45 pm Tai Chi - Nancy A			KEY
5:00-5:50 pm Cycling - Brooke C	6:00-7:00 pm Cycling - Angie C	5:00-6:00 pm TRX Bootcamp- Natasha A	4:45-5:45 pm Zumba-Heather A	5:00-6:00 pm R.I.P.P.E.D™ - Jax A		A = Group Fitness Studio
5:00-6:00 pm Extreme Bootcamp - Ashleigh G	6:00-7:00 pm Barre- Shannon A	6:00-6:30pm Barre Rachel	5:15-6:15 pm Cycling - Angie C	6:00-7:00 pm KB AMPED - Jax A		G = Gymnasium
6:00-7:00 pm Zumba - Jennifer A	7:00-8:00 pm Zumba - Jennifer D A	6:30-7:00 pm Zumba Tone - Rachel A	6:00-7:00 pm Kickboxing - Shannon A	7:00-8:00 pm Zumba - Debbie A		C = Cycle Studio
7:00-8:00 pm INSANITY® - Shannon A		7:00-8:00 pm Zumba - Rachel A	7:00-8:00 pm Hatha Yoga - Megan A			O = Classes Meets Outside At the Flag Pole If Raining, in Group Fitness Studio
					 Revised 6/1	
						Classes with consistently fewer than 5 participants are subject to change

No Childcare is offered after to 8:00PM. Please be prompt in picking up your children.