

# HEALTH & FITNESS

For Youth Development, For Healthy Living, For Social Responsibility

**Effective 1-3-2012**

## Group Exercise Classes (Studio A & Gym)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:20-6:20 <b>Boot Camp Express</b> (G) Kayla		5:20-6:20 <b>Boot Camp Express</b> (G) Kayla		7:30-8:45 <b>Step, Kick &amp; Pump</b> Patti
	8:45-9:30 <b>Pilates</b> Audrey		8:45-9:30 <b>Pilates</b> Rachel	8:45-9:30 <b>Pilates</b> Audrey	9:00-10:00 <b>Power Yoga</b> Caroline
9:00-10:00 <b>Power Yoga (A)</b> Steve	9:35-10:30 <b>Step</b> Carrie	9:00-10:00 <b>Power Yoga (A)</b> Steve	9:45-10:40 <b>Total Body Conditioning</b> Tammy	9:45-10:40 <b>Basic Step</b> Heather	10:00-11:00 <b>Frostbite Boot Camp</b> Jessie
9:30-10:30 <b>Zumba (G)</b> Jennifer	9:30-10:30 <b>Boot Camp (G)</b> Jessie	9:30-10:30 <b>Zumba</b> Jennifer		9:30-10:30 <b>Boot Camp (G)</b> Jessie	10:00-11:00 <b>Turbo Kick</b> Alicia
10:05-11:00 <b>Kickboxing</b> Jessie	10:30-11:00 <b>Muscle Pump</b> Heather	10:30-11:30 <b>Cardio Kickboxing</b> Jessie	10:45-11:30 <b>Pump and Core</b> Tammy	10:45-11:15 <b>Abs, Back &amp; Stretch</b> Heather	11:15-12:15 <b>Zumba</b> Debbie
10:35-11:30 <b>Step</b> Heather	11:30-12:30 <b>Young at Heart</b> A.O.A. Cheryl	12:00-12:45 <b>Tai Chi</b> Donna	11:30-12:30 <b>Young at Heart</b> A.O.A. Cheryl	11:30-12:30 <b>Zumba</b> Linda	12:30-4:30 <b>Gymnastics \$\$</b> Anna
1:00-2:00 <b>Yoga</b> Maartje	1:00-2:00 <b>Special Needs</b> Tammy	1:00-1:30 <b>Tai Chi Demo</b> Donna	1:00-2:00 <b>Special Needs</b> Tammy	1:00-2:00 <b>Yoga</b> Cheryl	
3:45-4:30 <b>Beg. Tai Chi</b> Donna	4:00-5:00 <b>Yoga</b> Phyllis	4:20-5:20 <b>Hsing-I \$\$</b> Joe	4:00-5:00 <b>Yoga</b> Audrey	3:45-4:15 <b>Chi Gung</b> Donna	
4:30-5:25 <b>Inter. Tai Chi</b> Donna	5:15-6:25 <b>Step</b> Patti	5:30-6:25 <b>Zumba</b> Kathy	5:15-6:25 <b>Step</b> Patti	4:15-5:00 <b>Inter. Tai Chi</b> Donna	
5:30-6:25 <b>Zumba (G)</b> Debbie	6:30-7:25 <b>Zumba (G)</b> Jennifer	6:30-7:30 <b>Family Zumba</b> Melissa	6:30-7:25 <b>Muscle Pump</b> Jessica	5:30-7:00 <b>Karate \$\$</b> Mike	
6:30-7:25 <b>Power Yoga (A)</b> Bonnie	7:30-8:30 <b>Muscle Pump</b> Cheryl		7:30-8:30 <b>Zumba (G)</b> Cheryl		

## Group Cycle Studio (Studio B)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 <b>Group Cycle</b> Katie	5:15-6:15 <b>Group Cycle</b> Dewey	5:15-6:15 <b>Group Cycle</b> Kayla		5:15-6:15 <b>Group Cycle</b> Kayla	
9:00-9:25 <b>Upper Body Toning</b> Julie	9:00-9:30 <b>Sprint Cycle</b> Kim			9:00-10:00 <b>Group Cycle</b> Donya	8:00-10:00 <b>Cycle Distance</b> Kim
9:30-10:30 <b>Cycle 101</b> Julie		9:45-10:20 <b>Abs, Back, Core</b> Jessie	9:30-10:30 <b>Group Cycle</b> Kim	9:00-9:45 <b>Swim Drills (lap pool)</b> Julie	
10:35-11:35 <b>Pedal &amp; Pump</b> Julie	11:00-12:00 <b>Yoga</b> Holley	10:30-11:30 <b>Group Cycle</b> Kim	11:00-12:00 <b>Yoga</b> Holley	10:00-10:30 <b>Sprint Cycle</b> Julie	
5:00-5:45 <b>Pilates</b> Kim D		5:00-5:45 <b>Pilates</b> Kim D		10:30-11:30 <b>Run in the Sun</b> Julie	
6:00-7:00 <b>Group Cycle</b> Rachel	6:00-7:00 <b>Group Cycle</b> Donya		6:00-7:00 <b>Group Cycle</b> Donya		
		6:30-7:30 <b>Yoga</b> Patti			
<b>CLASSES FOR KIDS:</b>	6:30-7:30 (gym) <b>Kids Fit</b> Katie	6:30-7:30 (studio b) <b>Family Zumba</b> Melissa	6:30-7:30 (teen rm) <b>Yoga Kids</b> Erin	4:30-6:15 <b>Zumbatomic! -----&gt;</b> Jennifer	<b>2 Zumba classes</b> Ages 5-8, 4:30-5:15 Ages 9-12, 5:30-6:15

*Classes may be changed or cancelled due to lack of participation*

*Descriptions listed on back. (S)=Studio, (G)=Gym, \$\$=paid program, (A)= Advanced, (WP)= Wellness Pool*

*Questions? Contact: **Jessie Tirman**, Group Fitness Manager: [jtirman@family-ymca.org](mailto:jtirman@family-ymca.org)  
or **Bob Colbroth**, Wellness Director: [bcolbroth@family-ymca.org](mailto:bcolbroth@family-ymca.org)*