


# YMCA Group Exercise

# Jul-10

| Monday                                       | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   | Sunday  |
|--|---|--|---|--|--|---|
| <b>Spin</b><br>Ruthie<br>5:30 am             | <b>Body Fit</b><br>Kim<br>5:45 am                     | <b>Spin</b><br>Ruthie<br>5:30 am                     | <b>Body Fit</b><br>Denise<br>5:45 am                  | <b>Spin</b><br>Ruthie<br>5:30 am   | <b>Zumba</b><br>Jannelle<br>9:00 am  | <b>Strength &amp; Yoga: Burt</b><br>4:00 pm   |
| <b>Sweat N Sculpt</b><br>Mary Ann<br>9:10 am | <b>Body Fit</b><br>Chad<br>8:00 am                    | <b>Spin</b><br>Kim<br>8:15 am                        | <b>Beginner Core</b><br>Mary Ann<br>8:30 am           | <b>Spin</b><br>Kim<br>8:15 am  | <b>FAMILY Zumba</b><br>Jannelle<br>10:00 am  |  |
| <b>Spin</b><br>Kim<br>8:15 am                | <b>Class Hard Core</b><br>Chad<br>8:30 am             | <b>Simply Fit</b><br>Mary Ann<br>8:30am              | <b>Cardio Stretch</b><br>Andrea<br>9:00am             | <b>Sweat N Sculpt</b><br>Mary Ann<br>9:10 am   | <b>Pilates</b><br>Burt<br>10:00 am   |   |
| <b>ZUMBA GOLD</b><br>Jannelle<br>12:10 pm    | <b>Cardio Combo</b><br>Andrea<br>9:00 am              | <b>Body Fit</b><br>Angie<br>9:10 am                  | <b>Silver Bullets</b><br><b>Christine</b><br>10:10 am |  | <b>Spin</b><br>Mary Ann<br>10:00am   |   |
| <b>Class Hard Core</b><br>Ruthie<br>5:00 pm  | <b>Silver Bullets</b><br><b>Christine</b><br>10:10 am | <b>Simply Spin</b><br>Mary Ann<br>9:30am             | <b>Sr. Sweat and Sculpt</b><br>Mary Ann<br>11:10 am   | <b>SilverSneakers® 1</b><br><b>Tracy</b><br>12:00pm  | <div style="border: 1px solid black; padding: 10px;"> <p><b>YMCA Mission:</b><br/>To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.</p> </div> |   |
| <b>Step Up</b><br>Deidre<br>5:30 pm          | <b>Sr. Sweat and Sculpt</b><br>Mary Ann<br>11:10 am   | <b>Zumba</b><br>Jannelle<br>9:00 am                  | <b>Beginner Cardio Combo</b><br>Dale 4:30-5:00        | <b>Zumba</b><br>Jannelle<br>4:30 pm  |  |   |
| <b>Spin</b><br>Chad/Jackie<br>6:00 pm        | <b>Step Up</b><br>Dale<br>4:30 pm                     | <b>SilverSneakers® 1</b><br><b>Tracy</b><br>10:10 am | <b>Beginner Cardio Combo</b><br>Dale 5:00-5:30        | <b>Double Step</b><br>Deidre<br>5:30 pm  |  |   |
| <b>Zumba</b><br>Jannelle<br>5:30pm           | <b>Body Fit</b><br>Dale<br>5:30 pm                    | <b>Silver Stretch</b><br><b>Tracy</b><br>11:10 am    | <b>Body Fit</b><br>Chad<br>5:30 pm                    | <div style="border: 1px solid black; padding: 10px;"> <p><b>Announcing our NEW MATRIX line of strength equipment.</b></p> <p><b>We are confident that you will enjoy your workout.</b></p> <p><b>Please ask any fitness coach for assistance.</b></p> </div> |  |   |
| <b>Pilates</b><br>Burt<br>6:30 pm            | <b>Cycle Lite</b><br>Jannelle<br>6:00 pm              | <b>Kickboxing</b><br>Brandon/Jannelle<br>4:30pm      | <b>Spin</b><br>Jackie<br>6:00 pm                      |  |  |   |
|  | <b>Kickboxing</b><br>Jannelle<br>6:30 pm              | <b>Step Up</b><br>Deidre/Dale<br>5:30 pm             | <b>Zumba</b><br>Deanna<br>6:30 pm                     |  |  |   |
|  |   | <b>Spin</b><br>Chad<br>6:00 pm                       |   |  |  |   |