

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Aerobics Class Schedule

March 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Cardio Mix Kathy	Body Sculpting Naomi	Cardio Mix Kathy	Pilates Kathy	20/20/20 Leslie	Intro to Pilates / yoga Saturday, March 27th 11:45 am – 12:30 pm	
8:00 a.m.		Body Sculpting Susie	Yoga Carla	Body Sculpting Naomi		8:15 Step Cardio Susie *complex (45 min)	
8:30 a.m.	Step Cardio Susie *complex (45 min)	Intro to Spinning Saturday, March 20th 12:00 pm – 12:45 pm Spinning Studio			Step Cardio Susie *complex (45 min)	Tweens Boot Camp Kids – Ages 8-12 See flyers for details Extra Fee Applies	
9:00 a.m.		Boot Camp Michele (Gym)		Boot Camp Michele		Body Sculpting Kathy (45 min)	
9:15 a.m.	Aerobics Naomi	SilverSneakersII Cardio Circuit Page	Aerobics Cindy R		Zumba® Mary	9:45 Aerobics Cardio Kathy (45 min)	
10:15 a.m.	Pilates Cindy C	SilverSneakersII Cardio Circuit Page	Yoga Susie	SilverSneakersII Cardio Circuit Cindy	Yoga Dama (75 min)	Pilates Krista 10:30	
11:30 a.m.	Silver Sneakers® I Terry		Silver Sneakers® I Cindy C	Silver Sneakers® I Page	Chair Yoga Krista 11:45		
12:00 p.m.		Pilates Krista	Women on Weights Begins March 8		Chair Yoga Krista 12:45		
1:15 p.m.		Silver Sneakers® I Page			CRAZY FIT - FREE Meet Outside in NE Parking Lot 6:00 PM Tuesdays		
4:30 p.m.	Cardio Mix Stacey	Power Sculpt Kathy	Kickboxing Lea (90 min)	Power Sculpt Stacey	Aerobics Kathy (45 min.)		3:30 Aerobics 4:00 Pilates Kathy
5:30 p.m.	Yoga Susie	Family Zumba® Mary (ages 8+)		Parent / Child** Yoga Carla (ages 6+)	5:15 Body Sculpting Kathy (45 min.)	Weight Loss Challenge Begins March 8 Sign up Today!	
6:30 p.m.	Pilates Krista	Yoga Krista (75 min)	Pilates Krista	Yoga Andrea (75 min)			

- Please bring a towel with you to all classes
- Please plan to arrive to class ON TIME and plan to stay for the entire class
- Supportive athletic shoes are required for your safety in all classes except yoga and Pilates
- All classes are 55 minutes unless otherwise noted

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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.