



YGROUP EXERCISE™

We build strong kids, strong families, strong communities.



FALL I SESSION: September 11th-October 29th

FALL II SESSION: October 30th-December 18th 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
5:35am		Cycling 5:35-6:30 Ann Horn		Cycling 5:35-6:30 Ann Horn	* PLEASE register for ALL classes each session, On-line or at the Front Desk								
6:00am	Crosstraining 6:35-7:30 Karri		Crosstraining 6:35-7:30 Karri					Crosstraining 6:35-7:30 Karri					
8:00am	Low Impact Aerobics 7:45-8:30 Karri		Low Impact Aerobics 7:45-8:30 Karri	Cycling Crosstraining 8:30-9:25 Jennifer				Low Impact Aerobics 7:45-8:30 Karri	Cycling 7:05-8:30 Ann Horn	Extreme Abs 8:35-9:00 Ann Horn			
9:15am	Cross-training 9:20-10:20 Jackie/GYM	*BOOT CAMP 9:20-10:20 Heidi	Cycling 9:20-10:20 Geraldine	Step 9:20-10:20 Stacey/GYM				*BOOT CAMP 9:20-10:20 Heidi	Strength & Tone 9:20-10:20 Stacey/GYM	Step 9:20-10:20 Stacey/GYM	Cycling 9:20-10:20 Annie/GYM	Cycling 9:30-10:25 Jennifer	Cross-training 9:20-10:20 Jackie
10:30a	Target Workout Core Muscles 10:35-11:30 Geraldine	*Beginner Yoga 10:30-11:25 Heidi	Target Workout Core Muscles 10:30-11:25 Jackie	*Beginner Yoga 10:30-11:25 Heidi	*Dance Classes 10:30-1:15 Danielle			*Zumba 10:05-11:00 Christina					
11:30a-4:00pm	SilverSneakers® 11:35-12:30 Karen	SilverSneakers® Yoga 11:30-12:25 Sandy		SilverSneakers® 11:30-12:25 Karen				*Family Yoga 11:05-11:40	Cycling 1:00-2:30 Vicki				
5:00pm	Strength and Tone 5:00-5:55 Mary E.	Extreme Abs 5:00-5:20 Christina	*Zumba 5:20-6:15 Christina	Target Workout Core Muscles 5:00-5:55 Ger	Strength and Tone 5:00-5:55 Anne O.	Strength and Tone 5:00-5:55 Anne O.							
6:00pm	DDR 6:00-6:55 Cindy Dwnstairs	Aerobic Kickboxing 6:00-6:55 Ken	Beginner Step 6:20-7:15 Heidi	Aerobic Kickboxing 6:00-6:55 Stephanie	Beginner Cycling 6:00-6:55 Chris Ehli								
7:00pm	*Yoga/Fusion 7:00-7:55 Heidi	*Pilates 7:00-7:55 Mary E.	*Yoga/Fusion 7:00-7:55 Stephanie	Total Body Sculpt 7:00-7:55 Maureen									
8:00pm		Cycling 8:00-8:55 Gerri	* ALL classes must meet the minimum attendance requirement										

Additional cost for all classes with and asterisk (*)

Register on-line at www.ymcadetroit.org Please be advised the schedule is subject to change