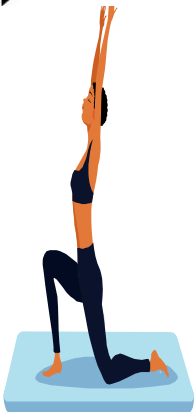


Summer I Session: June 13th—July 31st, 2010

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.



TIME	MON	TUES	WED	THURS	FRI	SAT
6:00a	Cross Training <u>5:40am start</u> Erin	Cycling Vanessa	Cross Training <u>beginning 6/23</u>	Cycling Vanessa	Cross Training <u>5:40am start</u> Erin	
7:00a	Cycling Deb	Cycling <u>7:30am start</u> Vanessa	Cycling Deb		Cycling Deb	Cycling <u>7:15am start</u> Rob/Dan
8:00a	Active Older Adults Marilyn		Active Older Adults Marilyn	Cycling Vanessa	Active Older Adults Marilyn	Low Impact Floor Aerobics <u>8:10am start</u> Stella
9:00a				Express Flexibility Pam		Hi Intensity Y-Senior Vickie (held in Spot)
9:30a	Step-Advanced <u>9:15am start</u> Lynn	Cross Training Eric	Cross Training Lynn/Vanessa		Cross Training/Cycling Plus Vanessa	Step-Advanced Lynn
11:00a	Silver Sneakers Samantha	Pilates <u>10:30am start</u> Meghan	Silver Sneakers Samantha		Silver Sneakers Yoga Samantha	
12:30				Yoga Lu		
3:30p				Zumba Gold <u>4pm start</u> Gail		
5:00p		Glutes & Legs Gail		Glutes & Legs Gail		
5:45p	Cycling Marc/Chris		Cycling Marc/Chris			
6:00p	Pilates Meghan (Studio)	Low Impact Floor Aerobics Gail		Low Impact Floor Aerobics Gail		Highlighted classes are paid specialty classes.
6:30p						For your convenience, both facility members and program members
7:10p	Kickboxing Eric	Step Strength Circuit Stella				must register online at http://reg.ymcametrodetr.oit.org
7:15p		Advanced Pilates (Studio) Gail	Karate John	Beginner Pilates Gail		For more info please call 248-553-4020
8:00p	Zumba Donna					