

July 25th-
Sept 4th

Group Fitness Schedule

Summer
2010

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	FS	MPR	FS	MPR	FS	MPR	FS	MPR	FS	MPR	FS	MPR
5:45 a.m.	Hi Impact Floor Kathie		Cross Train Cycling Tiana		Hi Impact Floor Kathie		Cross Train Cycling Tiana					
6 a.m.												
7 a.m.												
8 a.m.			Total Body Sculpt Kathie				Total Body Sculpt Kathie			Express Core! Lynn	Advanced Step Roy	
9 a.m.	Hi Impact Floor Peggy	Advanced Cycling Michelle			Advanced Cycling Michelle					Express Tone! Lynn	Zumba Gloria	
10 a.m.	Silver Sneakers® Kathie	Total Body Sculpt Michelle	Step Circut Stehpanie		Silver Sneakers® Teresa	Total Body Sculpt Michelle	Cross Training Stephanie		Cross Training Stephanie	Yoga Fusion Lynn		
11:00 a.m.	Low Impact Floor Staff		Express Core! Stephanie				Yoga Stretch Michelle (Til 11:30)	Express Core! Stephanie	AOA Stephanie (Til 11:30)			
5 p.m.		Asthanga Yoga Lynn									SUNDAY	
6 p.m.	Advanced Step Roy	Cycling Melissa	Cross Training Teresa		Advanced Step Roy	Cycling Melissa	Cross Training Lynn		Zumba Gloria			
7 p.m.	Total Body Sculpt Melissa	Express Core! Val Express Tone! Val			Total Body Sculpt Melissa			Yoga Fusion Lynn		Both FACILITY and PROGRAM MEMBERS MUST REGISTER!		
8 p.m.												

FS - Fitness Studio

MPR - Multipurpose Room

All Classes are 55 minutes unless indicated.

You Belong Here

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

****FREE CLASSES****

ARE HIGHLIGHTED