

Feb 28th-April
24th

Group Fitness Schedule

WINTER II
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.				Pilates Kathie				Pilates Kathie				
8 a.m.			Total Body Sculpt Kathie				Total Body Sculpt Kathie			Express Core! Lynn	Advanced Step Roy	
9 a.m.	Hi Impact Floor Kathie	Advanced Cycling Michelle			Advanced Cycling Michelle	Pilates Teresa			Express Tone! Lynn		Zumba Gloria	
10 a.m.	Silver Sneakers® Kathie	Express Tone! Michelle	Cross Training Kathie		Silver Sneakers® Teresa	Express Tone! Michelle	Cross Training Teresa	Yoga Stretch Michelle	Cross Training Kathie	Yoga Fusion Lynn		
11:00 a.m.	Low Impact Floor Staff		Express Core! Kathie				Express Core! Teresa		AOA Kathie (Til 11:30)			
5 p.m.				Ashtanga Yoga Indira							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		Cycling Val	Total Body Sculpt Melissa	Pilates Meghan		Yoga Fusion Lynn		Both FACILITY and PROGRAM MEMBERS MUST REGISTER!		
8 p.m.		Pilates Meghan										

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