



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Cowart Family Ashford Dunwoody YMCA
770-451-9622 www.ymcapass.com

Group Exercise Schedule

May 2012

MON	Time	Class	Instructor	Location
	5:45-6:45AM	Group Cycle	Jim <i>No class 5/28</i>	North Aerobics Room
	6:00-6:55	Boot Camp <i>New class!!</i>	Patrick <i>No class 5/28</i>	South Aerobics Room
	8:00-8:50	*Hoops & Abs	Suzi <i>Class Memorial Day!</i>	North Aerobics Room
	8:30-9:25	Boot Camp	Teri <i>No class 5/28</i>	South Aerobics Room
	9:00-9:55	Group Cycle	Stacey Natalie 28 <i>Class Memorial Day!</i>	North Aerobics Room
	9:00-10:00	*Shallow Water	Luz Linda 28 <i>Class Memorial Day!</i>	Pool
	9:30-10:25	Body Sculpt (number required)	Melody John 28 <i>Class Memorial Day!</i>	South Aerobics Room
	10:00-10:15	*Abs/Upper Body	Stacey <i>No class 5/28</i>	North Aerobics Room
	10:30-11:20	*Senior Stretch & Tone	Sandy <i>No class on 5/28</i>	North Aerobics Room
	10:30-11:45	*Yoga (Beginner to Intermediate)	Cherri <i>Class Memorial Day!</i>	South Aerobics Room
	11:30-12:30PM	*Easy Does It Water Aerobics	Linda <i>Class Memorial Day!</i>	Pool
	12:00-12:45	*Arthritis Foundation SunTai Chi	Theodore <i>No class 5/28</i>	South Aerobics Room
	5:30-6:25	Cardio Kickbox	Katie <i>No class 5/28</i>	South Aerobics Room
	6:00-6:25	*Abdominal Express	Alison <i>No class 5/28</i>	North Aerobics Room
	6:30-7:25	Group Cycle	Alison <i>No class 5/28</i>	North Aerobics Room
	6:30-7:25	*Shallow Water	Bridget <i>No class 5/28</i>	Pool
	6:30-7:25	Body Sculpt	Teri 7 Laura 14, 21 <i>No class 5/28</i>	South Aerobics Room
	7:30-8:25	Dance 'n Stretch	Claire <i>Class cancelled for May</i>	South Aerobics Room
TUES				
	5:45-6:45AM	Group Cycle	Leigh	North Aerobics Room
	5:45-6:45	*Body Sculpt	Miki	South Aerobics Room
	8:00-8:55	Pilates (Intermediate)	Suzi	South Aerobics Room
	9:00-9:55	*Cardio Kickbox	Katie	South Aerobics Room
	9:00-10:00	*Shallow Water	Martin	Pool
	10:00-10:55	*ZUMBA	Marquetta	South Aerobics Room
	11:00-11:55	Body Sculpt	Davina	South Aerobics Room
	12:15-1:15PM	*Tai Chi (Yang Style)	Debbie	South Aerobics Room
	12:15-1:15	Group Cycle	Abby	North Aerobics Room
	4:45-5:45	*Yoga (Beginner)	Norma	South Aerobics Room
	6:00-6:55	Group Cycle	Amy	North Aerobics Room
	6:00-6:55	*ZUMBA!	Enhicis	South Aerobics Room
	7:00-7:55	Pilates	Heather	North Aerobics Room
	7:00-7:55	*Hip Hop Hustle	Marcie	South Aerobics Room
	8:00-8:55	*FitnessYoga	Izumi	South Aerobics Room
WED				
	5:45-6:45AM	Group Cycle	Karen	North Aerobics Room
	6:00-6:55	Boot Camp	John	South Aerobics Room
	8:30-9:25	Boot Camp	Teri	South Aerobics Room
	9:00-9:55	*Group Cycle	Stacey	North Aerobics Room
	9:00-10:00	*AquaZUMBA!	Ayanna 2, 9, 23, 30 Susan 16	Pool
	9:30-10:25	Body Sculpt (number required)	Melody 2, 9, 16, 23 Davina 30	South Aerobics Room
	10:00-10:15	*Abs/Upper Body	Stacey	North Aerobics Room
	10:30-11:15	Senior Strength	Linda	Multi-Purpose Room
	10:30-11:25	*Pilates	Heather	North Aerobics Room

10:40-11:25	*ZUMBA!	Ingrid	South Aerobics Room
11:30-12:25	*Easy Does It Water Aerobics	Linda	Pool
11:30-12:45	Yoga (Intermediate Vinyasa)	Cherri	South Aerobics Room
5:00-5:55	CorePole	Megan 2, 9, 16 Stacey 5/23 TBA 30	South Aerobics Room
6:00-6:55	*Fitness Fusion	Heather	South Aerobics Room
6:30-7:25	*Deep Water	Bridget	Pool
6:30-7:25	Group Cycle	Victoria	North Aerobics Room
7:00-8:00	Boot Camp	Leigh	South Aerobics Room

THURS

5:45-6:45AM	Group Cycle	Davina 3 Richard 10, 17, 24	North Aerobics Room
5:45-6:45	*Body Sculpt	Miki	South Aerobics Room
8:30-9:25	Interval Training	Teri	South Aerobics Room
9:00-10:00	*Shallow Water	Sarah	Pool
9:30-10:25	ZUMBA!	Jae	South Aerobics Room
10:30-11:25	TurboKick	Hillary	South Aerobics Room
11:00-11:55	PreNatal Yoga	Cherri	North Aerobics Room
11:30-12:40PM	Core & More	Stacey	South Aerobics Room
12:15-1:15	Group Cycle Heart Rate Monitor	Abby	North Aerobics Room
12:45-1:45	*Tai Chi (Yang Style)	Matt	South Aerobics Room
5:30-6:25	Pilates	Suzi	South Aerobics Room
6:30-7:25	*ZUMBA!	Star	South Aerobics Room
7:30-8:25	*Fitness Yoga	Abby	South Aerobics Room

FRI

5:45-6:45AM	Group Cycle	Richard 11, 18, 25 Alison 4	North Aerobics Room
8:15-9:15	Pilates	Heather	South Aerobics Room
9:00-9:55	Group Cycle	Davina	North Aerobics Room
9:30-10:25	*Body Sculpt	Izumi 4, 11, 18 TBA 25	South Aerobics Room
10:00-10:15	*Abs/Upper Body	Davina	North Aerobics Room
10:30-11:20	*Senior Stretch & Tone	Sandy	North Aerobics Room
10:30-11:45	*Gentle Yoga	Cherri	South Aerobics Room
11:30-12:30PM	*Easy Does It Water Aerobics	Karen 4, 11 TBA 5/18, 5/25	Pool
12:00-1:00	*Arthritis Foundation SunTai Chi	Linda 4, 11 Cherri 18, 25	South Aerobics Room

SAT

8:30-9:25AM	Group Cycle	Alison 5 Kerry 12 Helen 19, 26	North Aerobics Room
8:30-9:25	Step	Kerry 5 Nina 19, 26 John 12	South Aerobics Room
9:30-10:25	Body Sculpt	Miki 5 Nina 19, 26 John 12	South Aerobics Room
10:00-10:55	Group Cycle	Victoria 5, 26 Natalie 12, 19	North Aerobics Room
10:30-11:25	Cardio Kickbox	Izumi 5, 12 Ingrid 19 John 26	South Aerobics Room
11:30-12:25PM	*Dance 'n Stretch	Claire	South Aerobics Room
12:30-2:00	Yoga (Intermediate)	Norma	South Aerobics Room

SUN

9:30-10:25AM	Group Cycle	Abby	North Aerobics Room
12:30-1:25PM	*ZUMBA!	Jae 6, 13, 20 Joie 27	South Aerobics Room
1:00-2:00	*Deep Water	Joie	Pool
1:30-2:25	TurboKick	Ingrid 6, 13, 20 No class 5/27	South Aerobics Room
2:30-3:25	Body Sculpt	Davina 6 Laura 13, 20, 27	South Aerobics Room
4:00-5:30	Yoga (Intermediate)	Susan	South Aerobics Room