



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

May 2012 Group Exercise Schedule

Any class with a ★ next to it is a class that is appropriate for someone new to Group Exercise or anyone in the Coach Approach Program.

Walking Group
 6:00 pm
 Mondays and Thursdays
 9:00 am Saturdays
 Meet Katie C in the Lobby

Day	Time	Class	Instructor	Location	
Sun	8:10 - 9:10a	★Group Cycling	Randy 13, 27 Susan R	Small Aerobics Rm	
	9:15 - 10:15a	★ Pilates	Randy 13, 27 Susan R	Small Aerobics Rm	
	9:30 - 10:30a	Body Pump™	Michelle F 27 Lisa K	Large Aerobics Rm	
	1:30 - 2:30p	Body Pump™	6 Katie , 13 Cris 20 Phyllis, 27 CANCELLED	Large Aerobics Rm	
	2:30 - 3:30p	★Group Cycling	6 Susan 13, 27 Catherine 20 Lisa	Small Aerobics Rm	
	2:45 - 3:45p	★Zumba!	Cyndi	Large Aerobics Rm	
	4:15 - 5:30p	★Yoga	Matt	Large Aerobics Rm	
	4:35 - 5:35p	★Deep Water Aerobics	Tonja 6 Karen	Pool	
Mon NEW CLASS	6:00 - 7:00a	Group Cycling	Jonathan	Small Aerobics Rm	
	6:00-7:00am	★Body Pump™	Michelle	Large Aerobics Rm	
	8:00 - 9:00a	★Body Sculpting	Julia	Large Aerobics Rm	
	9:00 - 10:00a	★Deep Water Aerobics	Jamie	Pool	
	9:10 - 10:00a	★Aqua Balance & Stability	Renee	Pool	
	9:15 - 10:15a	H.E.A.T	Susan	Large Aerobics Rm	
	10:00 - 10:50a	★Water Aerobics	Jamie	Pool	
	10:30 - 11:30a	★Beginner Hi/Lo Sculpt	Susan	Small Aerobics Rm	
	10:30 - 11:30a	Body Pump™	Kim	Large Aerobics Rm	
	NEW CLASS	12:00 - 1:00p	★Group Cycling	Randy	Small Aerobics Rm
		12:00 - 1:00	★Body Pump™	Katie	Large Aerobics Rm
		4:30 - 4:50p	Core Strength	Lisa	Large Aerobics Rm
		4:55 - 6:00p	Body Pump™	Lisa	Large Aerobics Rm
		6:00 - 7:00p	★Group Cycling	Vanessa	Small Aerobics Rm
		6:05 - 7:05p	Step Challenge	Lauren	Large Aerobics Rm
		7:05 - 8:05p	★Dance Fusion Jam	Michele P	Small Aerobics Rm
		7:05 - 8:05p	★H2O Total Body Conditioning	Kathy	Pool
		7:10 - 8:10p	★Body Pump™	Cris	Large Aerobics Rm
8:10 - 9:10p		★Yoga	Jean	Small Aerobics Rm	
Tue	6:00 - 7:00a	Body Pump™	Lisa K	Large Aerobics Rm	
	9:00 - 10:00a	★Deep Water Aerobics	Tonja 8 Katie C	Pool	
	9:00 - 10:00a	Group Cycling	Kim	Small Aerobics Rm	
	9:15 - 10:15a	★Pilates	Randy	Large Aerobics Rm	
	10:05 - 11:00a	★Easy Does It	Tonja 8 Katie C	Pool	
	10:30 - 11:30a	★Yoga	Kim	Large Aerobics Rm	
	10:30 - 11:30a	★Group Cycling	Laura	Small Aerobics Rm	
	11:45 - 12:00p	★Body Pump™ set-up for 1 st timers	Tonja 8 Kyla	Large Aerobics Rm	
	12:00 - 1:00p	★Body Pump™	Tonja 8 Kyla	Large Aerobics Rm	
	5:00 - 6:00p	★Group Cycling	April	Small Aerobics Rm	
	5:35 - 6:00p	Abdominals	Jermaine	Large Aerobics Rm	
	6:00 - 7:00p	★Hi/Lo	Jermaine	Large Aerobics Rm	
	7:30 - 8:30p	★Nia	Sandy	Large Aerobics Rm	
	7:40 - 8:30p	★Pilates/Core Strength & Stretch	Catherine	Small Aerobics Rm	

	Time	Class	Instructor	Location
Wed New Class	6:00 - 7:00a	★Group Cycling	Anthony	Small Aerobics Rm
	6:00 - 7:00	Body Pump™	Katie	Large Aerobics Rm
	8:10 - 9:05a	Boot Camp	Burt	Large Aerobics Rm
	9:00 - 9:55a	★Deep Water Aerobics	Tonja	Pool
	9:00 - 10:00a	★Tai Chi Sun Style 	Jean	Small Aerobics Rm
	9:15 - 10:15a	Step/Interval	Burt	Large Aerobics Rm
	10:00 - 10:50a	★Water Aerobics	Tonja	Pool
	10:30 - 11:30a	★Basic Fitness Camp	Susan	Large Room
	10:30 - 11:30a	★Yoga	Jean	Small Aerobics Rm
	11:45 - 11:55a	★Cycling - Set Up for 1 st timers	Randy	Small Aerobics Rm
	12:00 - 1:00p	★Group Cycling	Randy	Small Aerobics Rm
	4:30 - 4:50p	Core Strength	Lisa	Large Aerobics Rm
	4:55 - 6:00p	★Body Pump™	Lisa	Large Aerobics Rm
	4:40 - 5:40p	★Zumba!	Sandy	Small Aerobics Rm
	6:05 - 7:05p	Group Cycling	Joseph	Small Aerobics Rm
	6:05 - 7:05p	★Cardio Hip Hop	Pam 9 Katie C	Large Aerobics Rm
	7:05 - 8:05p	★H2O Total Body Conditioning	Kathy	Pool
	7:15 - 8:15p	★Body Pump™	Phyllis	Large Aerobics Rm
	8:00 - 9:00p	★Yoga	Matt	Small Aerobics Rm
	Thu	6:00 - 7:00a	★Body Pump™	Lisa K
7:00 - 8:00a		★Tai-Chi	Sam	Large Aerobics Rm
8:00 - 9:00a		★Body Sculpt	Julia	Large Aerobics Rm
9:00 - 10:00a		★Deep Water Aerobics	Katie	Pool
9:15 - 10:15a		Group Cycling	Kim	Small Aerobics Rm
9:15 - 10:15a		H.E.A.T	Susan	Large Aerobics Rm
10:00 - 11:00a		★ Aqua Groove	Katie	Pool
10:30 - 11:30a		★Body Pump™	Randy	Large Aerobics Rm
10:30 - 11:30a		★Yoga	Kristina 10, 24 Lisa B	Small Aerobics Rm
12:00 - 1:00		★Zumba!	Cyndi	Large Aerobics Rm
1:00-2:00p		★Adaptive Aquatics	Katie C	Pool
5:00 - 6:00p		★Group Cycling	Laura	Small Aerobics Rm
6:00 - 7:00p		Step/Sculpt	Klea	Large Aerobics Rm
7:00 - 7:20p		Abdominal Solutions	Klea	Large Aerobics Rm
7:40 - 8:40p		★Pilates	Laurie	Small Aerobics Rm
7:30 - 8:30p	★Nia	Sandy	Large Aerobics Rm	
NEW CLASS				
Fri	6:00 - 7:00a	Group Cycling	Susan R	Small Aerobics Rm
	9:05 - 10:05a	★Deep Water Aerobics	Jamie	Pool
	9:15 - 10:15a	★Pilates	Angie	Large Aerobics Rm
	10:05 - 11:00a	★Water Aerobics	Jamie	Pool
	10:30 - 11:30a	★Beginner Hi-lo/Sculpt	Susan	Small Aerobics Rm
	10:30 - 11:30a	★Body Pump™	Sudie 4 Phyllis, 11 Katie	Large Aerobics Rm
	12:00 - 1:00p	★Yoga	Matt	Large Aerobics Rm
	12:00 - 1:00p	★Group Cycling	Sudie 4, 11 Eric	Small Aerobics Rm
	5:15 - 6:15pm	★Belly Dancing	Kumari	Large Aerobics Rm
	6:30 - 7:30p	★Body Pump™	Angie	Large Aerobics Rm
Sat	8:05 - 9:05a	★Boot Camp	TBA	Large Aerobics Rm
	8:45 - 9:45a	Group Cycling 90 minutes 5/26	Joseph	Small Aerobics Rm
	9:15 - 9:25a	★Body Pump™ Set Up 1 st timers	Kyla	Large Aerobics Rm
	9:30 - 10:30a	★Body Pump™	Kyla	Large Aerobics Rm
	10:45 - 11:45p	Step/Abdominals	Lisa K	Large Aerobics Rm
	10:45 - 12:00p	★Yoga	12 Jean, 19 Ling, 5, 26 Amanda	Small Aerobics Rm
	12:00 - 1:00p	Step/Sculpt	Klea	Large Aerobics Rm
	11:45 - 12:45p	★H2O Total Body Conditioning	Kathy	Pool
	1:15 - 2:15p	★ Body Pump™	Cris	Large Aerobics Rm
	2:30-3:30	★Zumba!	Jamie	Large Aerobics Rm

