



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ed Isakson Family YMCA
3655 Preston Ridge Rd, Alpharetta, GA30005
770-664-1220

May 21st - August 12th 2012

Land Group Exercise Schedule

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
MONDAY				
New Time	7.00-8.00am	Group Cycle	Christine N	L Studio
New Class	8:45-9:45am	Interval	Jen	U Studio
	9:15-10:45am	Running Club	Carolyn/Jennifer	Out Side
	9:45-10:45am	♦Pilates	Daniela	L Studio
	9:50-10:50am	Zumba	Toni	U Studio
	10:50-12:00	Yoga	Daniela	L Studio
	11:00-11:45am	♦Sculpt & Stretch	Denise	U Studio
New Class	12:00-12:45	H.I.T Training	Heather	U Studio
	12:00-12:45pm	Group Cycle	Mike	L Studio
New Class	3:45-4:15pm	Family Challenge Training	Beth	
	4:30-5:30pm	Body Sculpt	Beth	U Studio
	5:30-6:30pm	♦Cardio Pump	Kathleen	U Studio
	5:45-7:00pm	Body Sculpt & Core Power	Augustine	L Studio
New Class	6:45 - 7:45pm	Extreme Bag & Kick Class	Cherisse	U Studio
New Time	7.00-8.00pm	Group Cycle	Kimberly	L Studio
TUESDAY				
	5:45-6:45am	*Group Cycle	Lou	L Studio
	8:45-9:45am	Body Sculpt	Haley	U Studio
New Time	9:00-10:00am	♦50/50	Debbie	L Studio
New Class	10:00-11:00am	Dance Battle Build	Heather/Stephanie	U Studio
	10:00-11:00am	♦Pilates	Christine S	L Studio
	11:00-12:00pm	R.I.P.P.E.D	Maribel/Cynthia	U Studio
New Time	11:00-11:45pm	♦Seniors Conditioning	Augustine	L Studio
	4:30-5:30pm	Group Cycle	Christine	L Studio
	5:45-6:45pm	♦Step & Sculpt	Debbie	U Studio
	5:45-7:00pm	Run Club- Mid to Long Dista	Randy	Out Side
New Time	5:35-6:50pm	Energy Embracing Yoga	Shane	L Studio
	7:00-8:00pm	Zumba	Yvette	U Studio
New Time	7:00-8:00pm	Kick Boxing	Robin/Jen	L Studio
WEDNESDAY				
	5:15-6:00am	*Early Bird Cycle	Karen	L Studio
	6:00-7:00am	*PiYo	Karen	L Studio
	7:00-8:00am	Group Cycle	Christine N	L Studio
	8:40-9:40am	♦50/50 Cycle and Pilates	Daniela	L Studio
	9:15-10:45am	Running Club-	Carolyn/Jennifer	Out Side
	9:45-10:45am	♦Body Sculpt	Sara	L Studio
	9:30-10:45am	Super Step & Sculpt	Ginger	U Studio
	11:00-12:00pm	Zumba	Toni	U Studio
New Class	12:00-12:45	Extreme Bag & Kick class	Rob	U Studio
	11:00-11:45	♦Sculpt & Stretch	Denise	L Studio
	12:00-12:45pm	Group Cycle	Jackie	L Studio
New Class	3:45-4:30pm	Family Zumba	Jeannie	U Studio
	4:30-5:30pm	♦Body Sculpt	Lisa	U Studio
	5:45-6:45pm	Zumba	Cynthia	U Studio
	7:00-8:00pm	Boot Camp	Ann	U Studio

THURSDAY				
	5:45-6:45am	*Boot Camp	Robin	U Studio
New Time	7:00-8:00	Group Cycle	Lisa	L Studio
	8:45-9:45am	Glide and Core	Debbie	U Studio
	9:45-10:45am	Hard Core Boot Camp	Stephanie	Out Side
	10:00-11:00am	Body Sculpt	Haley	U Studio
New Time	10:00-11:00am	♦Pilates	Mara	L Studio
	11:15-12:15pm	♦Introduction to Zumba	Yvette	U Studio
New Time	11:00-11:45pm	♦Seniors Conditioning	Augustine	L Studio
New Class	4:30-5:3pm	♦Beginners Yoga	Donna	L Studio
	5:30-6:30pm	Group Cycle	Christine	L Studio
	5:30-6:30pm	Combo	Mark	U Studio
	5:45-7:00pm	Run Club- Mid to Long Distance	Randy	Out Side
	6:30-8:00pm	Yoga	Rita	L Studio
	6:50-7:50 pm	Zumba	Toni/Vanessa	U Studio
FRIDAY				
	5:15-6:15am	*Drop in Cycle	Karen	L Studio
	6:15-7:am	PiYo	Karen	L Studio
	8:40-9:40am	Group Cycle	Kelly	L Studio
	8:45-9:45am	Zumba	Emily	U Studio
	9:40-10:00am	Core Power	Kelly	L Studio
New Time	9:55-10:55	Dance, Battle, Build	Stephanie/Heather	U Studio
	10:15-11:45am	Yoga	Veronica	L Studio
	11:00-12:00pm	♦Body Sculpt	Sara	U Studio
New Class	12:00-12:45	MaxBurn	Emily	U Studio
	5:30-6:30pm	R.I.P.P.E.D	Cynthia/Maribel	U Studio
SATURDAY				
	8:30-9:30am	Group Cycle	Kristin	L Studio
	8:30-9:30am	Interval	Robin	U Studio
	8:30-9:30am	Hard Core Boot Camp	Karen	Out Side
	9:45-10:45am	50/50	Haley	L Studio
	9:45-10:45am	Pilates	Catherine	U Studio
	11:00-12:00pm	Body Sculpt	Aria/Deniece	L Studio
	11:00-12:00pm	Zumba	Cynthia	U Studio
	12:00-1:00pm	♦Yoga-Beginners & Interme	Pascale/Augustine	L Studio
	12:00-1:15pm	Power Yoga	Veronica/Aria	L Studio
	12:10-1:10pm	Zumba	Toni	U Studio
	1:20-1:50pm	*♦Family Zumba	Toni	U Studio
SUNDAY				
	1:00-2:30pm	Group Cycle	Bill	L Studio
	1:15-2:15pm	Step & Sculpt	Catherine	U Studio
	2:20-3.20pm	Zumba	Jeannie/Vanessa	U Studio

For further information please contact: Melita Lawson, Land and Water Fitness Coordinator
Tel: 770-663-3548 or melital@ymcaatlanta.org

*No Childcare Available. ♦Coach Approach Friendly Classes. This schedule is also available on our website: iay.ymcaatlanta.org Children aged 9-12 years may take classes if accompanied by an adult, but are excluded from group cycle. Thank you!

