



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

May 2012

Group Exercise Schedule

MON Monday May 28, 2012 is Memorial Day. Our hours are 8:00am – 6:00pm. Class shedule will be abbreviated.

Time	Class	Instructor	Location
5:45-7:00 AM	Group Cycling 28 No class	Elaine	Studio
7:15-8:05	Bosu Blast 28 No class	Kurt	Studio
8:15-9:15	*Pilates (All Levels) 28 No class 7,14 Elisha	Lisa Humphries	Studio
9:00-10:00	*Deep Water 28 No class	Liz	Pool
9:25-10:25	Body Sculpting 28 No class	Lisa Howard	Studio
10:35-11:25	HEAT 28 No class	Laura	Studio
11:30-12:20	*Zumba New Instructor!! 28 No class	Lilia	Studio
12:30-1:00	TLC Cycle (Beginners) 28 No class	Laura	Studio
12:00-12:50 PM	*Yoga (Hatha Style) 28 No class	Catherine	Gym/Stuido10
4:30-5:20	*ZumbaREMIXX 28 No class	Vernette	Studio
5:30-6:20	*Yoga (Hatha Style) 28 No class	Katharine	Studio
6:30-7:25	Body Sculpting 28 No class	Alissa	Studio
5:45-6:15	* TLC Yoga 28 No class	Staff	Studio10
6:25-6:55	* TLC Body Sculpt 28 No class	Staff	Studio10
7:15-8:15	*Water Aerobics – Shallow 28 No class	Susan	Pool
7:25-7:55	*Abs & Glutes 14 Alissa 28 No class	Maura	Studio10
7:35-8:35	*Intro to Group Cycling 28 No class	Linda	Studio

TUES

5:45-6:45 AM	Group Cycling 1,8,15 Lesley	Deb	Studio
5:45-6:45	HEAT 1,8,15,29 Laura	Jennifer Burch	Gym
7:00-8:00	Sunrise Yoga (Vinyassa)	Stefanie	Studio
8:15-9:15	Step/Step Interval 1,15 Ellen 8,22,29 Pam	Ellen/Pam	Studio
9:25-10:25	Group Cycling	Jennifer Black	Studio
10:30-11:30	Water Aerobics – Shallow	Susan	Pool
10:45-11:45	Turbo Kick®	Tracy	Studio
11:45-12:45	Yoga (Hatha Style) 1,8,15 Meghan	Krisite	Studio10
12:00-1:00 PM	Pilates	Sophia	Studio
11:45-12:45	Tai-Chi (Yang)	Micheal, Matthew	Studio
3:30-4:00	Kidz Rock ages 3-5	Staff	Studio
4:00-5:00	PE 101 ages 6-9	Staff	Gym
5:30-6:20	HEAT New Class!!	Laura	Studio
5:30-6:30	Power Yoga (Ashtanga Style)	katharine	Studio10
6:30-7:30	Turbo Kick™	MaShelle	Studio
6:45-8:15	*Yoga (Hatha Syle)	Janice	Studio10

WED

5:45-6:45 AM	Group Cycling	Elaine	Studio
8:15-9:15	Pilates (Advanced)	Ulyssa	Studio
8:15-8:45	* TLC Pilates	Yvette	Studio 10
9:00-10:00	*Deep Water	Liz	Pool
9:25-10:25	Step Aerobics	Maura	Studio
10:30-11:20	Body Sculpting (sign up req.) 1,8,15 TBD	Lisa Humphries	Studio
10:30-11:20	Tai Chi (Arthritis Foundation)	Theadore	Studio 10
11:30-12:15	*Chair Body Sculpting (Arthritis Foundation)	Yvette	Studio10
11:30-1:00 PM	Yoga (Vinyasa style-Intmd level)	Rebecca	Studio
4:30-5:20	Abs and Arms 23 Leah	Alyza	Studio
5:30-6:20	Step/Step ² 2,16,30 Alissa 9, 23 Burt	Alissa/Burt	Studio
5:30-6:00	* TLC Step 2,16,30 Burt 9, 23, Alissa	Alissa/Burt	Studio 10
6:05-6:35	* TLC Body Sculpt (Beg.) 2,16,30 Burt 9,23 Alissa Alissa/Burt		Studio 10
6:30-7:20	Body Sculpting	Alissa	Studio
6:45-7:35	*Beginner's Pilates	Nancy	Studio10
7:15-8:15	*Water Aerobics/Deep Water 2 Eileen	Susan	Pool
7:30-8:30	Boxing Bootcamp (Intmd./Adv)	Tracy	Studio

THURS

5:45-6:45 AM	Group Cycling	Lesley	Studio
5:45-6:45	HEAT 3,10,17,24,31	Laura	Jennifer/Laura Gym
7:00-7:50	Bosu Blast	Kurt	Studio
8:05-8:45	Turbo Kick	Tracy	Studio
8:45-9:20	Boxing Bootcamp	Tracy	Studio
9:25-10:25	Step	Ellen	Studio
10:30-12:00	H2O Challenge 3TBD	Susan	Pool
10:35-11:55	Group Cycling/Abs 3,17,31	Jennifer 10,24	Laura Jennifer/Laura Studio
12:00-12:50	*Loaded 3,10,17	Linda	Beth Studio
12:00-12:50 PM	*Yoga (Restorative)	Catherine	Studio
3:30-4:00	Kidz Rock ages 3-5	Staff	Studio
4:00-5:00	PE 101 ages 6-9	Staff	Gym
4:30-5:20	*ZumbaREMIXX 17,24,31???	Vernette	Studio
5:30-6:30	Power Yoga (Ashtanga Style)	Katharine	Studio10
5:30-6:20	*Group Cycle	Tisha	Studio
6:45-7:45	*Cardio Groove	Alethia	Studio
6:30-7:30	Yoga (Hatha Syle)	Katharine	Studio10

FRI

5:45-6:45 AM	Group Cycling 11	Elaine	Marty Studio
8:15-9:15	Group Cycling 11	Elaine	Jennifer Bl. Studio
9:15-10:15	HEAT	Laura	Gym
9:00-10:00	Deep Water	Liz	Pool
9:25-10:25	Body Sculpting (sign up req.)	MarlaDeen	Studio
10:35-11:35	Pilates (All Levels)	Lisa Howard	Studio
11:30-12:15	*Senior Aerobics	Yvette	Studio10
11:45 -12:45	* Yoga (Hatha)	Stephanie	Studio
12:55-1:45	Zumba	Alison	Studio
1:50 -2:50	Tai Chi (Yang)	Matthew/Michael	Studio
4:45 -5:15	Zumba REMIXX	Vernette	Studio
5:25 -5:55	The Barre	Vernette	Studio
6:00-7:00	*Yoga (Hatha Style) 11	Meghan	Collins Studio

SAT

8:10-9:05 AM	Group Cycling 5	Marty, 12 Jennifer, 19	Laura, 26 Elaine Studio
9:15-10:00	PUSH	Ulyssa	Studio
10:05-10:55	TurboKick 5,19	Leah 12,26	MaShelle Studio
11:00-12:00	Power Yoga (Ashtanga Style)	Katharine	Studio
12:10-1:00 PM	Boxing Bootcamp	Linda	Studio
12:45-1:30	Kids Yoga (ages 6-12) 12	Meghan	Collins Studio 10

SUN

9:15-10:05AM	*Latin Blast/Zumba 6,13,20	Alison 27	Ayanna Alison/Ayanna Studio
10:15-11:05	*Body Sculpting 6,27	Elisha 13,20	Linda Elisha/Linda Studio
1:15-2:00PM	Pilates (Intermediate)	Christie	Studio
2:10-3:00	*Ballet Fit 27	Alethia	Lilia Studio

Carl E. Sanders Family YMCA at Buckhead
1160 Moores Mill Rd. Atlanta, GA 30327
404-350-9292 sby.ymcaatlanta.org
404-267-4838 Group Fitness Hotline

<p>Parent's Afternoon Out "Carnival!" Sat May 12 3:00- 7:00 PM Registration required.</p>	<p>Mini Farmer's Market With nutrition workshop and cooking demo. Tue May 1 & 15 1:00-7:00PM Invite your family & friends.</p>	<p>COMMUNITY CPR TRAINING Sat May 19 11:30 -4:00PM Registration required.</p>	<p>TRX Suspension Training Classes offered Mon - Friday Class Schedule available at front desk. Registration required.</p>	<p>CARDIO TENNIS Tue & Thu 7-8 AM Wed & Fri 8-9 AM Registration required.</p>
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