



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summit Family YMCA
www.ymcapass.com
(770) 254-9622

May 2012

Group Exercise Schedule

	<u>Time</u>	<u>Class</u>					<u>Instructor</u>		
MONDAY	5:15am	Cycle& Strength	No class 28th				TJ	Rm2	
	^8:30am^	★ X - Cardio:	Hi/Lo w/ AD 7th	Step w/ AD 14th	BC w/ BB 21st	No class 28th		Rm1	
	8:30am	★Cycle		KV 7th	BB 14th	ED 21st	No class 28th	Rm2	
	9:00am	★Strength:	Pump w/ AD 7th and BB 21st		Sculpt w/ AD 14th & 28th			Rm1	
	9:00am	★H2O Fitness		JT 7th & 21st	DT 14th & 28th		MP		
	9:30am	Flow Yoga		TL 7th, 21st & 28th		ED 14th	CR		
	9:30am	★Cycle		BB 7th	PN 14th & 28th	KV 21st	Rm2		
	^10:00am^	★X-Core		KV 7th	BB 14th & 21st	No class 28th		Rm1	
	10:00am	★H2O Hi/Lo		JT 7th & 21st	DT 14th		No class 28th	MP	
	10:00am	★H2O Flex & Firm		DT 7th & 28th		JC 14th & 21st	SP		
	11:00am	★ZumbaBasic®		LW 7th & 21ST		LT 14th & 28th	Rm1		
NEW!	11:00am	★H2O Pilates		DT 7th & 21st	JC 14th	No class 28th		SP	
	4:30pm	★Cardio:	3-2-1 w/ LS 7th	KB w/ WJ 14th	S&S w/ WJ 21st	No class 28th		Rm1	
	4:30pm	Kid's Fitness	No class 28th				LA & PN	Gym	
	^5:30pm^	★Express Cycle		WJ 7th & 21st	LS 14th	No class 28th		Rm2	
	5:30pm	★Yoga	No class 28th		LS 7th & 21st	WJ 14th	TC		
NEW!	^6:00pm	★X-Sculpt	No class 28th				SW	Rm1	
	6:00pm	★Cycle & Strength		WJ 7th	KV 14th	CS 21st	TL 28th	Rm2	
	6:30pm	★Zumba®					SW	Rm1	
	7:00pm	★Pilates		WJ 7th	LS 14th & 21st	Yoga w/ TL 28th	TC		
TUESDAY	5:30am	★Cycle					JD	Rm2	
	8:30am	ZumbaTone®					SW	Rm1	
	8:30am	★Pilates		PN 1st & 15th	NC 8th & 22nd	BB 29th	CR		
	8:30am	★Cycle & Strength		CM 1st & 15th	PN 8th & 22nd	SG 29th	Rm2		
	9:00am	★H2O Fitness		DT 1st, 8th, 15th & 22nd			JT 29th	MP	
	9:30am	★Cycle		WJ 1st & 22nd	BB 8th	SG 15th	CS 29th	Rm2	
	9:30am	★Tai Chi Moves					YM	CR	
	9:30am	Cardio:	Step w/ AD 1st	★KB w/ NC 8th	★50/50 w/ ED 15th	BC w/ NC 22nd	3-2-1 w/ AD 29th	Rm1	
	11:00am	ZumbaGold®					SW	Rm1	
	11:00am	★Gentle Yoga					YM	Rm2	
	5:30pm	Kid's Fitness	No class 29th				LA	TC	
NEW!	^5:30pm^	★X-Sculpt		CS 1st & 22nd	WJ 8th & 29th	BB 15th	Rm1		
NEW!	^6:00pm^	★X-Core		CS 1st & 22nd	WJ 8th & 29th	BB 15th	Rm1		
NEW!	^6:00pm^	★X-Cycle					LB	Rm2	
	6:30pm	★Zumba®					TH	Rm1	
	6:30pm	★Cycle		CS 1st & 15th	TL 8th & 22nd	BB 29th	Rm2		
	6:30pm	★H2O Hi/Lo					LS	MP	
	7:00pm	★Yoga					Elizabeth	TC	
	7:30pm	ZumbaTone®					TH	Rm1	
WEDNESDAY	5:15am	★Pump		JD 2nd & 16th	TJ 9th, 23rd & 30th		Rm1		
	^8:30am^	★X-Cardio:	KB w/ PN 2nd	Step w/ BB 9th	Hi/Lo w/ RG 16th	3-2-1 w/ AD 23rd	Step w/ AD 30th	Rm1	
	8:30am	★Cycle & Strength		RG 2nd	SG 9th	MM 16th	ED 23rd	PN 30th	Rm2
	9:00am	H2O Drills & Skills					JT	MP	
	9:00am	★Strength:	Pp w/ PN 2nd	Sc w/ BB 9th	Pp w/ ED 16th	Sc w/ AD 23rd	Pp w/ AD 30th	Rm1	
	9:30am	★Yoga					Elizabeth	CR	
	9:30am	★Cycle		ED 2nd	RG 9th	BB 16th & 23rd	SG 30th	Rm2	
	10:00am	★H2O Pilates					JT	SP	
	10:00am	★Cardio:	3-2-1 w/ CS 2nd	50/50 w/ PN 9th	BC w/ PN 16th	50/50 w/ KV 23rd	KB w/ BB 30th	Rm1	

NEW!	11:00am	★H2O Flex & Firm	JC 2nd, 16th, 23rd & 30th	DT 9th	SP
	11:00am	ZumbaBasic®	KM 2nd, 16th & 30th	LT 9th & 23rd	Rm1
	4:30pm	Kid's Fitness	No class 30th	NC / DT 2nd & 16th	NC / KM 9th & 23rd
	4:30pm	★Cycle&Strength	WJ 2nd	CS 9th, 16th, 23rd & 30th	Rm2
	^5:30pm^	★Express Cycle	SG 2nd	WJ 9th	KV 16th
				CS 23rd	UH 30th
NEW!	5:30pm	★Pilates	NC (in Teen Center 30th)		
NEW!	^6:00pm	★X-Strength:	Sc w/ WJ 2nd	Pp w/ WJ 9th	Sc w/ KV 16th
				Pp w/ CS 23rd	Sc w/ NC 30th
	6:00pm	★Cycle	SG 2nd	KV 9th	WJ 16th & 23rd
					RC 30th
	6:30pm	Zumba® & Sculpt	KM		
NEW!	7:00pm	★Yoga	WJ (in Teen Center 30th)		

THURSDAY

	5:30am	★Cycle	TJ			Rm2
	8:30am	★Pilates	NC 3rd & (in Teen Center) 31st	PN 10th, 17th & 24th		
	8:30am	★Cardio:	50/50 w/ WJ 3rd	BC w/ CS 10th	3-2-1 w/ PN 17th	
				KB w/ ED 24th	50/50 w/ CS 31st	
	8:30am	★Cycle	CS 3rd & 24th	WJ 10th & 17th	SG 31st	
	9:00am	★H2O Fitness	SW 3rd, 17th & 31st	JC 10th & 24th		
	9:30am	★Cycle & Strength	PN 3rd, 17th & 24th	CS 10th & 31st		
	9:30am	★Tai Chi Moves	YM (in Teen Center 31st)			
	9:30am	★Zumba®	LW			
	11:00am	Functional Fitness	GW			
	5:30pm	Kid's Fitness	No class 31st			
NEW!	^6:00pm	★X-Cycle	SG 3rd	LB 10th, 24th & 31st	WJ 17th	
	6:30pm	★Strength:	Pp w/ LB 3rd & 31st	Sc w/ LB 10th & 24th	Pp w/ WJ 17th	
	6:30pm	★Cycle & Strength	SG 3rd & 17th	KV 10th	TL 24th	
				WJ 31st		
	6:30pm	★H2O Fitness	DT			
	^7:15pm^	★H2O Flex & Firm II	DT			
	7:30pm	★FunkFit	NC			

FRIDAY

	8:30am	★Cycle	BB 4th	CM 11th	TL 18th	MM 25th
	8:30am	★Strength:	Sc w/ AD 4th	Pp w/ BB 11th	Sc w/ ED 18th	Pp w/ CS 25th
	9:00am	Deep Water Workout	JT 4th & 18th	JC 11th	DT 25th	
	9:30am	★Cardio:	★BC w/ BB 4th	★S&S w/ AD 11th	★KB w/ WJ 18th	Step w/ BB 25th
	9:30am	★Cycle & Strength	WJ 4th	MM 11th	AD 18th	TL 25th
	9:30am	Flow Yoga	Elizabeth			
	10:00am	★H2O Flex & Firm	JT 4th & 18th	JC 11th & 25th		
	11:15am	Gentle Yoga	Elizabeth			
	5:30pm	★Family Cycle	No class 25th			RC
	6:30pm	★Zumba®	LT			
NEW!	6:30pm	★Cycle & Strength	RC 4th & 18th	SG 11th	UH 25th	

SATURDAY

	^9:00am^	Zumbatomic®	No class 26th			SW
	^9:00am^	★X-Cycle	LB 5th	WJ 12th	CM 19th	No class 26th
NEW!	9:30am	★Cycle & Strength	WJ 5th	LB 12th	CM 19th	ED 26th
	9:30am	Flow Yoga	ED 5th (in Teen Center)		WJ 12th	NO class 19th or 26th
	9:30am	Pump	LB 5th & 25th		NC 12th	WJ 19th
	9:40am	H2O Drills & Skills	No class 26th			SW
	10:30am	★FunkFit	NC			
	10:30am	★Pilates	WJ 5th (in Teen Center)	UH 12th & 26th	No class 19th	

SUNDAY

	^1:00pm^	★X-Cycle	RC 6th	TL 13th	WJ 20th	No class 27th
	1:30pm	★Zumba®	No class 27th			SW / LW 20th
NEW!	1:30pm	★Cycle	RC 6th	TL 13th	WJ 20th	No class 27th
	2:30pm	Strength:	Pp w/ WJ 6th	Sc w/ RC 13th	Pp w/ WJ 20th	No class 27th
	3:30pm	★Yoga	WJ (6th & 20th only)			

All classes are multi-level and 45 - 55 minutes in length unless otherwise denoted
 "" denotes a 25 minute or Express class

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"^" denotes a 25 minute class

"*" denotes a 60 minute or longer class

