

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Northeast Cobb YMCA

ncy.ymcaatlanta.org

Lorna Loh

Wellness Director

678-569-9622 ext. 243

JULY 2009

July 1 to 31, 2009

Please see *Class Descriptions* for details about each class.

* Denotes a change from the previous schedule.

Cycle classes have a 20-bike capacity. Sign up is available at the front desk on a first-come-first-served basis:

▲ Sign-up available 30 minutes prior to class start time.

◆ Sign-up available Thursday 7:00AM. Wait list is available for this class. If you are wait listed and it doesn't clear for that Saturday, you are guaranteed entry into next Saturday's 7:15AM class.

Classes and instructors are subject to change without notice. The YMCA reserves the right to remove classes with low attendance.

SUNDAY

12:30PM - 1:30PM	Pure Muscle	Lorna	Main Studio
12:30PM - 1:30PM	Group Cycling▲	Barbara R.	Cycle Studio
1:45PM - 2:45PM	Zumba	Julie	Main Studio
1:45PM - 2:45PM	Group Cycling▲	Misty	Cycle Studio

MONDAY

6:00AM - 7:00AM	Group Cycling▲	Emily	Cycle Studio
8:30AM - 9:30AM	Cardio Blast	Barbie	Main Studio
8:30AM - 9:30AM	Power Pilates	Jeri	Mind/Body Studio
8:30AM - 9:30AM	Group Cycling▲	Lorna	Cycle Studio
9:45AM - 10:45AM	Pure Strength	Jeri	Main Studio
9:45AM - 11:00AM	Yoga	Pam	Mind/Body Studio
10:00AM - 10:30AM	Kid Fit	Nursery Staff	Activities Room
10:00AM - 11:00AM	Abs-olute Cycling▲	Traci	Cycle Studio
11:05AM - 11:35AM	Six-Pack Abs	Traci	Mind/Body Studio
11:00AM - 12:00PM	Zumba	Kristi	Main Studio
5:00PM - 5:25PM	Abs & Glutes	Barbie	Main Studio
5:30PM - 6:25PM	High Definition	Barbie	Main Studio
5:30PM - 6:00PM	Kid Fit	Kid Fit Staff	Activities Room
6:00PM - 6:30PM	Youth Fit	Youth Fit Staff	Activities Room
6:30PM - 7:25PM	Zumba	Omega	Main Studio
6:30PM - 7:30PM	Group Cycling▲	Lorna	Cycle Studio
7:00PM - 8:00PM	Tai Chi	Phillip	Mind/Body Studio

TUESDAY

	6:00AM - 7:00AM	Pure Strength	Lisa	Main Studio
	6:00AM - 7:00AM	RaceFit Cycling▲	Lorna	Cycle Studio
	7:45AM - 8:15AM	Upper Cuts	Lorna	Main Studio
	8:30AM - 9:30AM	Pure Muscle	Jamie B.	Main Studio
	8:30AM - 9:30AM	Group Cycling▲	Lorna	Cycle Studio
	9:45AM - 10:45AM	Urban Groove	Omega	Main Studio
	9:45AM - 10:45AM	Pi-Yo Fusion	Frannie	Mind/Body Studio
	10:00AM - 11:00AM	Group Cycling▲	Jami W.	Cycle Studio
NEW! *	5:30PM - 6:25PM	Urban Groove	Chris D.	Main Studio
	5:30PM - 6:00PM	Kid Fit	Kid Fit Staff	Activities Room
	6:00PM - 6:30PM	Youth Fit	Youth Fit Staff	Activities Room
	6:30PM - 7:25PM	Pure Muscle	Lorna	Main Studio
	6:30PM - 7:30PM	Yoga	Christine S.	Mind/Body Studio
	6:30PM - 7:30PM	Group Cycling▲	Traci	Cycle Studio

WEDNESDAY

6:00AM - 7:00AM	Group Cycling▲	Traci	Cycle Studio
8:30AM - 9:30AM	Mat Pilates	Frannie	Mind/Body Studio
8:30AM - 9:30AM	Group Cycling▲	Joel	Cycle Studio
9:45AM - 10:45AM	Ultimate Conditioning	Barbie	Main Studio
9:45AM - 11:00AM	Yoga	Susan	Mind/Body Studio
10:00AM - 10:30AM	Kid Fit	Nursery Staff	Activities Room
10:00AM - 11:00AM	Abs-olute Cycling▲	Frannie	Cycle Studio
11:00AM - 12:00PM	Zumba	Omega	Main Studio
11:05AM - 11:35AM	Six-Pack Abs	Frannie	Mind/Body Studio
5:00PM - 5:25PM	Abs & Glutes	Lorna	Main Studio
5:30PM - 6:25PM	Sets & Reps	Lorna	Main Studio
5:30PM - 6:00PM	Kid Fit	Kid Fit Staff	Activities Room
6:00PM - 6:30PM	Youth Fit	Youth Fit Staff	Activities Room
6:30PM - 7:25PM	Athletic Conditioning	Robert	Main Studio
6:30PM - 7:30PM	Group Cycling▲	Lorna	Cycle Studio

THURSDAY

6:00AM - 7:00AM	Pure Strength	Lisa	Main Studio
6:00AM - 7:00AM	RaceFit Cycling▲	Lorna	Cycle Studio
7:45AM - 8:15AM	Upper Cuts	Lorna	Main Studio
8:30AM - 9:30AM	Pure Strength	Darcy	Main Studio
8:30AM - 9:30AM	Group Cycling▲	Angie	Cycle Studio
9:45AM - 10:45AM	Zumba	Jeri	Main Studio
9:45AM - 11:00AM	Yoga	David	Mind/Body Studio
10:00AM - 11:00AM	Group Cycling▲	Brooke	Cycle Studio
5:30PM - 6:25PM	Zumba	Barbara S.	Main Studio
5:30PM - 6:00PM	Kid Fit	Kid Fit Staff	Activities Room
6:00PM - 6:30PM	Youth Fit	Youth Fit Staff	Activities Room
6:30PM - 7:25PM	Pure Muscle	Jami W.	Main Studio
6:30PM - 7:30PM	Yoga	Cheryl	Mind/Body Studio
6:30PM - 7:30PM	Group Cycling▲	Misty	Cycle Studio

FRIDAY

6:00AM - 7:00AM	Group Cycling▲	Bill	Cycle Studio
8:30AM - 9:30AM	Cardio Challenge	Darcy	Main Studio
8:30AM - 9:30AM	Group Cycling▲	Jamie B.	Cycle Studio
9:45AM - 10:45AM	Pure Muscle	Traci	Main Studio
9:45AM - 11:00AM	Yoga	Jeny	Mind/Body Studio
10:00AM - 10:30AM	Kid Fit	Nursery Staff	Activities Room
10:00AM - 11:00AM	Abs-olute Cycling▲	Misty	Cycle Studio
11:05AM - 11:35AM	Six-Pack Abs	Misty	Mind/Body Studio
11:00AM - 12:00PM	Urban Groove	Omega	Main Studio
5:00PM - 6:00PM	Pure Muscle	Lorna	Main Studio

SATURDAY

7:15AM - 8:15AM	RaceFit Cycling◆	Lorna	Cycle Studio
8:30AM - 9:30AM	High Definition	Traci	Main Studio
8:30AM - 9:30AM	Group Cycling▲	Dana	Cycle Studio
8:30AM - 9:45AM	Power Yoga	Jeri	Mind/Body Studio
9:45AM - 10:45AM	Ultimate Conditioning	Barbie	Main Studio
9:45AM - 10:45AM	Group Cycling▲	Jami W.	Cycle Studio
9:50AM - 10:50AM	Mat Pilates	Linda/Brooke	Mind/Body Studio
10:00AM - 10:30AM	Kid Fit	Nursery Staff	Activities Room
11:00AM - 12:00AM	Pure Strength	Dianna K.	Main Studio
11:00AM - 12:00PM	Stretch For Life	Diane S.	Mind/Body Studio
12:15PM - 1:15PM	Zumba	Dianna K.	Main Studio

*1st & 3rd Saturdays of the month – Linda

*2nd & 4th Saturdays of the month – Brooke