

# 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

# NOVEMBER 2009

## November 1 to 31, 2009

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

Help conserve our natural resources by utilizing our online schedule at [ncy.ymcaatlanta.org](http://ncy.ymcaatlanta.org)

Please inform the instructor if you're new to the class or have limitations. Instructor will assist you with set-up and/or offer modifications.

☺ Class is appropriate for members new to Group Exercise and/or participating in THE COACH APPROACH®. For additional information about THE COACH APPROACH - An Exercise Support Process®, please contact Lorna Loh at [LornaT@ymcacobb.org](mailto:LornaT@ymcacobb.org) or Jon Cooper at 678-569-9622.

\* Denotes a change from the previous schedule.

★ Intermediate-level class.

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 ☺	Maribel (Bel)	Main Studio
	1:45PM - 2:45PM	Group Cycling▲☺	Misty	Cycle Studio
<b>NEW! *</b>	4:30PM - 5:30PM	Hot Cycle ★	Lorna	Cycle Studio

### MONDAY

<b>NEW! *</b>	6:00AM - 7:00AM	RoadFit Cycling▲☺	Lorna/Jamie B./Bill <sup>1</sup>	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 - 7:00PM	On The Move	Arena Staff	yPod (Clubhouse)
	5:00PM - 5:25PM	Abs & Glutes ☺	Barbie	Main Studio
	5:30PM - 6:25PM	High Definition	Barbie	Main Studio
	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

<sup>1</sup>1st Monday - Lorna

<sup>2</sup>2nd Monday - Jamie B.

<sup>3</sup>3rd Monday - Lorna

<sup>4</sup>4th Monday - Bill

### 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
<b>NEW! *</b>	5:30PM - 6:25PM	Urban Groove ☺	Chris	Main Studio
	6:30PM - 7:25PM	Pure Muscle	Lorna	Main Studio
	6:30PM - 7:30PM	Yoga ☺	Cheryl	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 ☺	Kristi	Main Studio
11:05AM - 11:35AM	Six-Pack Abs ☺	Frannie	Mind/Body Studio
5:00PM - 7:00PM	On The Move	Arena Staff	
5:00PM - 5:25PM	Abs & Glutes ☺	Lorna	Main Studio
5:30PM - 6:25PM	Sets & Reps	Lorna	Main Studio
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▲	Frannie	Cycle Studio
<b>NEW! *</b>	9:45AM - 10:45AM	Urban Groove ☺	Kristi	Main Studio
	9:45AM - 11:00AM	Yoga ☺	David	Mind/Body Studio
	10:00AM - 11:00AM	Group Cycling▲☺	Brooke	Cycle Studio
	11:05AM - 12:05PM	Mat Pilates ☺	Brooke	Mind/Body Studio
	5:30PM - 6:25PM	Zumba ☺	Barbara S.	Main Studio
	6:30PM - 7:25PM	Pure Muscle ☺	Chris	Main Studio
	6:30PM - 7:45PM	Yoga	Emily S.	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▲	Bill	Cycle Studio
8:30AM - 9:45AM	Power Yoga ★	Jeri	Mind/Body Studio
9:45AM - 10:45AM	Ultimate Conditioning ★	Barbie/Jami W. <sup>2</sup>	Main Studio
9:45AM - 10:45AM	Group Cycling▲☺	Joel	Cycle Studio
9:50AM - 10:50AM	Mat Pilates ☺	Linda/Brooke <sup>1</sup>	Mind/Body Studio
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

<sup>1</sup>Mat Pilates

<sup>1</sup>1st & 3rd Saturdays of the month – Linda

<sup>1</sup>2nd & 4th Saturdays of the month – Brooke

<sup>2</sup>Ultimate Conditioning

<sup>2</sup>1st & 3rd Saturdays of the month – Barbie

<sup>2</sup>2nd & 4th Saturdays of the month – Jami W.