

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Cowart Family/ Ashford Dunwoody YMCA  
 cay.ymcaatlanta.org  
 770-451-9622

## February 2010

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>MON.</b>	6:00-7:00AM	Group Cycle	Jim	North
	8:30-9:25	Boot Camp	Teri	South
	9:00-10:00	★Shallow Water	Luz	Pool
	9:00-10:00	★Group Cycle	Stacey	North
	9:30-10:25	★Body Sculpt	Melody	South
	10:00-10:15	★ Abs/Upper Body	Stacey	North
	10:30-11:20	★Senior Stretch and Tone	Sandy	North
	10:30-11:45	Beginner/Intermediate Yoga	Cherri	South
	11:30-12:30PM	★Easy Does It	Linda	Pool
	12:15-1:15	★AF SUN Style Tai Chi	Deb	South
	5:30-6:25	Cardio-Kickbox	Katie 1, 22 Leah 8, 15	South
	6:00-6:25	★Abdominal Express	Alison	North
	6:30-7:25	★Group Cycle	Alison	North
	6:30-7:25	★Stretch & Strength	Betty	South
	6:30-7:25	★Shallow Water	Bridget	Pool
	7:30-8:30	Body Sculpt	Davina	South
	<b>TUES.</b>	6:00-6:55 AM	Group Cycle	Victoria
6:00-6:55		★Body Sculpt	Miki	South
8:00-8:55		Pilates	Suzi 9, 16, 23 Heather 2	South
9:00-10:00		★Shallow Water	Martin	Pool
9:00-9:55		★ZUMBA!	TBA	South
10:00-11:00		Cardio-Kickbox	Katie 2, 23 Davina 9, 16	South
11:05-12:05PM		Fitness Yoga	Abby	South
12:15-1:15		Group Cycle	Abby	North
12:15-1:15		★Tai Chi	Deb	South
4:45-5:45		★Beginner Yoga	Norma	South
6:00-6:55		★Group Cycle	Helen	North
6:00-6:55		★ZUMBA!	Enhicis	South
7:00-7:55		★ Pilates	Heather	North
7:00-7:55	★Hip Hop Hustle	Alison 2, 16, 23 Debbie 9	South	
<b>WED.</b>	5:45-6:45AM	Group Cycle	Karen	North
	8:30-9:25	Boot Camp	Teri	South
	9:00-10:00	★Water Circuit	Sarah 3, 10, 24 Stephanie 17	Pool
	9:00-10:00	★Group Cycle	Stacey	North
	9:30-10:25	Body Sculpt	Melody	South
	10:00-10:15	Abs/Upper Body	Stacey	North
	10:30-11:15	★Senior Strength	Linda	North
	10:30-11:25	★Pilates	Heather	South
	10:30-11:25	Healthy Begin Prenatal**-Water	Stephanie	Pool
	11:30-12:45PM	Intermediate Yoga	Cherri	South
	11:30-12:25	★Easy Does It	Linda	Pool
	5:00-5:55	CorePole	Megan	South
	6:00- 6:55	★Stretch & Strength	Betty	South
	6:30-7:25	Deep Water	Bridget	Pool
	6:30-7:25	Group Cycle	Victoria	North
	7:05-8:20	★Yoga	Norma	South

*All Classes and Instructors subject to change due to instructor and classroom availability.*

*\*\*Healthy Beginnings is a program designed for Prenatal Women*

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>THURS.</b>	6:00-6:55AM	★Body Sculpt	Miki	South
	8:15-9:10	Interval Training	Teri	South
	9:00-10:00	★Shallow Water	Sarah	Pool
	9:15-10:10	★Hip Hop Hustle	Debbie	South
	10:15-11:10	TurboKick	Hillary	South
	11:00-11:55	Healthy Begin Prenatal**- Yoga	Cherri	North
	11:15-12:30PM	★Yoga Pilates Fusion	Stacey	South
	12:15-1:15	Group Cycle	Abby	North
	12:45-1:40	★Tai Chi	Michael	South
	4:45-5:45	Pilates	Heather	North
	6:00-6:55	★Intro to Group Cycle	Gail	North
	6:30-7:25	★ZUMBA!	Star	South
	7:00-7:15	★Abs/Upper Body	Gail	North
	7:30-8:25	★ Yoga	Abby	South

<b>FRI.</b>	5:45-6:45AM	Group Cycle	Richard	North
	8:15-9:15	Pilates	Heather	South
	9:00-10:00	★Shallow Water	Franke	Pool
	9:00-10:00	★Group Cycle	Davina	North
	9:30-10:25	Body Sculpt	Izumi	South
	10:00-10:15	Abs/Upper Body	Davina	North
	10:30-11:20	★Senior Stretch and Tone	Sandy	North
	10:30-11:45	★Gentle Yoga	Cherri	South
	11:30-12:30PM	★Easy Does It	Franke	Pool
	12:15-1:15	★AF SUN Style Tai Chi	Claire	South

<b>SAT.</b>	8:30-9:25 AM	★Group Cycle	Randy 6, 20, 2 Kerry 13	North
	8:30-9:25	Step	Kerry 6, TBA 13 Megan 20, 27	South
	9:30-10:25	Body Sculpt	Kerry 6, TBA 13 Megan 20, 27	South
	10:00-10:55	Group Cycle	Victoria 6, 20 Natalie 13, 27	North
	10:30-11:25	Cardio-Kickbox	Izumi	South
	11:00-12:00PM	Healthy Begin Prenatal** Sculpt	Gail 6, 20 Betty 13, 27	North
	11:30-12:30	★Dance'n Stretch	Claire	South
	12:35PM-2:00	Intermediate Yoga	Norma	South

<b>SUN.</b>	9:30-10:25 AM	★Group Cycle	Abby	North
	1:00-2:00PM	★Group Cycle	Richard	North
	1:00-2:00	★Deep Water	Franke	Pool
	1:30-2:25	Step	Laura 7 Kerry 14 Karen 21, 28	South
	2:30-3:25	Body Sculpt	Betty 7 TBA 14 Karen 21, 28	South
	4:00-5:30	Intermediate Yoga	Susan	South
	5:30-6:00	Meditation	Susan	South

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- Please bring your own Yoga/Pilates mat to Yoga & Pilates classes. The YMCA has a limited number of mats available.
- Please bring a towel and fluid to all classes. Remember to wipe off your equipment when you are finished with the class.

**Any class with a ★ next to it is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH®**

**For additional information about these classes or THE COACH APPROACH® – an Exercise Support Process, please contact Amie McDougal, Wellness Coord.**