

# Ed Isakson/Alpharetta Family YMCA Land Fitness Schedule

## February 1st—February 28th 2010

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>SUNDAY</b>	1:15-2:15PM	Step & Sculpt	Catherine	U Studio
	1:00-2:00	Sunday Cycle Challenge	Bill	L Studio
<b>MONDAY</b>	7:30-8:30	Group Cycling*	Melita	L Studio
	8:40-9:40	Group Cycling	Kelly B	L Studio
	8:45-9:45	<b>New Time</b> Combo	Jana	U Studio
	9:15-10:45	Running Club-Next Striders	Carolyn	Outside
	9:45-10:45	Zumba	Toni	U Studio
	9:45-10:45	<b>New Time</b> Pilates	Daniela	L Studio
	11:00-12:00	Yoga	Bonita	L Studio
	11:00-11:45	★Sculpt & Stretch●	Denise	U Studio
	12:00-12:45PM	Group Cycling	Mike	L Studio
	3:45-4:15	Kids In Motion - Balance drills	Beth	U Studio
	4:30-5:30	Body Sculpt	Beth	U Studio
	5:30-6:30	★Cardio Pump	Kathleen	U Studio
	6:30-7:30	Sculpt & Core Power	Augustine	U Studio
<b>TUESDAY</b>	7:00-8:00	Group Cycling*	Anthony	L Studio
	5:45-6:45AM	Group Cycling*	Lou	L Studio
	8:45-9:45	Body Sculpt	Haley	U Studio
	8:40-9:40	Group Cycling	Lisa	L Studio
	9:45:10:45	50/50	Melita	L Studio
	10:00-11:00	Pilates	Liane	U Studio
	11:00-12:00PM	Resist-a-Ball	Christine	L Studio
	12:00-1:00	Zumba	Heather & Stephanie	U Studio
	12:00-12:45	Senior Conditioning	Billy	Climbing Wall
	4:30-5:30	Cycle	Elsa	L Studio
	5:45-6:45	★Step/Sculpt	Debbie	U Studio
	5:45-7:00	Running Club-Milers	Randy	Outside
	5:35-6:35	Body Conditioning	Robin/Kim	L Studio
	7:00-8:00	★Zumba	Eve/Yvette	U Studio
<b>WEDNESDAY</b>	6:45-8:15	Yoga	Frances	L Studio
	6:00-7:00AM	★PiYo (Pilates/Yoga)*	Karen	U Studio
	7:30-8:30	Cycle Power*	Melita	L Studio
	8:40-9:40	Group Cycling	Kelly B	L Studio
	8:45-9:45	<b>New Time</b> Zumba	Toni	U Studio
	9:15-10:45	Running Club-Next Striders	Carolyn	Outside
	9:45-10:45	<b>New Time</b> ★Body Sculpt	Sara	L Studio
	9:45-10:45	Super Step/Sculpt	Ginger D.	U Studio
	11:00-11:45	★Sculpt & Stretch●	Denise	U Studio
	12:00-12:45PM	Group Cycling	Jackie	L studio
	3:45-4:15	Kids In Motion— Flexibility Drills	Lisa	U Studio
	4:30-5:30	★Body Sculpt	Lisa	U Studio
	5:45-6:45	Zumba	Cynthia/Natalie	U Studio
	7:00-8:00	Interval	Yvette	U Studio
<b>THURSDAY</b>	6:00-7:00AM	Boot Camp Style*	Robin	U Studio
	6:00-7:00	Group Cycling*	Anthony	L Studio
	8:45-9:45	Combo	Michelle	U Studio
	8:40-9:40	Group Cycling	Lisa	L Studio
	10:00-11:00	★Pilates	Mary	L Studio
	10:00-11:00	Body Sculpt	Haley	U Studio
	11:15-12:15PM	Cardio Latin Core	Maria	U Studio
	12:00-12:45	Senior Conditioning	Billy	Climbing Wall
	4:30-5:30	★Group Cycling	Elsa	L Studio
	5:30-6:30	★Pilates	Maria	L Studio
	5:30-6:30	Combo	Mark	U Studio
	5:45-7:00	Running Club-Milers	Randy	Outside
	6:30-8:00	Yoga	Rita	L Studio
<b>FRIDAY</b>	7:00-8:00	<b>New Class</b> Zumba	Toni	U Studio
	6:00-7:00AM	Group Cycling*	Karen/Rich	L Studio
	8:00-8:30	Sculpt*	Kelly V	U Studio
	8:40-9:40	Group Cycling	Kelly V	L Studio
	8:45-9:45	Zumba	Stephanie/Heather	U Studio
	9:40-10:00	Core Power	Kelly V	L Studio
	10:00-11:00	Interval	Lisa H	U Studio
	10:15-11:45	Yoga	Veronica	L Studio
	12:00-12:45PM	Group Cycle	Jackie/Anna-Maria	L Studio
	12:00-1:00	Body Sculpt	Sara	U Studio
	5:30-6:00	Intense Cardio	Christine/Heidi/Jen	U Studio
	6:00-6:30	Intense Sculpting	Christine/Heidi/Jen	U Studio
	6:30-7:00	Intense Abs	Christine/Heidi/Jen	U Studio
<b>SATURDAY</b>	8:30-9:30AM	Group Cycle	Kristen	L Studio
	8:30-9:30	Interval	Robin	U Studio
	9:45-10:45	50/50	Haley/Elsa	L Studio
	9:45-10:45	Pilates	Catherine	U Studio
	11:00-12:00PM	Body Sculpt	Deniece/Mauria	L Studio
	11:00-12:00	Zumba	Cynthia	U Studio
	10:45-11:45	Power Yoga	Veronica/Daniela	Teen Center
	12:15-1:15	Zumba	Toni	U Studio



\* No Child Care available. ★Coach Approach Appropriate. The schedule is also available on our web site: [iay.ymcaatlanta.org](http://iay.ymcaatlanta.org) Thank you.

