

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Decatur-Decalb Family YMCA

404-377-9622 [ddy.ymcaatlanta.org](http://ddy.ymcaatlanta.org)

No classes on July 4th

# July 2009

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>SUN</b>	8:10-9:10 AM	★Group Cycling	Randy	Small Room
	9:15-10:10	★Pilates	Randy	Small Room
	9:30-10:30	Body Pump™	Shannon	Large Room
	1:30-2:30 PM	Body Pump™	Amy	Large Room
	2:30-3:30	★Group Cycling Wyndy 12,26	Lauren 5,19	Small Room
	2:45-3:45	★ Zumba!	Jamie L	Large Room
	4:15-5:30	★Yoga Sam 19, 7/26	Matt	Small Room
	4:35-5:35	★Deep Water Aerobics	Tonja	Pool
<b>MON.</b>	6:00-7:00	Group Cycling	Jonathan	Small Room
	6:00-7:00	Masters Swimming	Kyla/Beth	Pool
	8:00-9:00	★Body Sculpt	Julia	Large Room
	9:00-10:00	★Deep Water Aerobics	Jamie	Pool
	9:10-10:00	★MS Society	Renee	Pool
	9:05-10:05	H.E.A.T. Burt 13	Susan	Large Room
	9:10-10:10	Boot Camp	Michele P.	Small Room
	10:00-10:50	★Water Aerobics	Jamie	Pool
	10:30-11:30	★Beginner High/Low Burt 13	Susan	Small Room
	10:30-11:30	Body Pump™ Sudie 20	Kim	Large Room
	12:00-1:00 PM	★Group Cycling Kim 6	Randy	Small Room
	4:30-4:50	Core Strength	Lisa	Large Room
	4:55-6:00	Body Pump™	Lisa	Large Room
	6:00-7:00	★Group Cycling	Vanessa	Small Room
	6:05-7:05	Step	Lauren	Large Room
	7:05-8:05	★Water Aerobics	Kathy	Pool
	7:10-8:10	★Body Pump™	Shannon	Large Room
	8:00-9:00	★Yoga	Jean	Small Room
<b>TUES.</b>	6:00-7:00 AM	Body Pump™	Lisa K	Large Room
	7:00-8:00	★Tai-Chi	Sam	Small Room
	9:05-10:05	★Chi-Splash	Michael	Pool
	9:00-10:00	Group Cycling Randy 21	Kim	Small Room
	9:15-10:15	★Pilates <b>New Time!</b>	Heather	Large Room
	10:05-11:00	★Easy Does It	Tonja	Pool
	10:30-11:30	★Yoga Dr. Michael 21	Kim	Large Room
	12:00-1:00	Body Pump™	Tonja	Large Room
	4:35-5:30	★Group Cycling Vanessa 7	Wyndy	Small Room
	5:35-6:00	Abdominals	Jermaine	Large Room
	6:00-7:00	★ Hi/Lo	Jermaine	Large Room
	7:10-8:10	Cardio-Kickboxing	Michele P.	Large Room
	7:40-8:40	★Nia	Sandy	Small Room

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

The Decatur Laurathon  
Pays It Forward 4 mile race  
July 18, 2009 7:30 a.m.  
Register at the front desk!

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>WED.</b>	6:00-7:00 AM	Group Cycling	Anthony	Small Room
	6:00-7:00 AM	Masters Swimming	Kyla/Beth	Pool
	8:10- 9:05 AM	Boot Camp	Burt	Large Room
	9:00-9:55	★Deep Water Aerobics	Carol	Pool
	9:00-10:00	★Tai Chi Sun Style 	Jean <b>New Class!</b>	Small Room
	9:15-10:15	Step/ Interval	Klea	Large Room
	10:00-10:50	★Water Aerobics	Carol	Pool
	10:30-11:30	★Beginner Step/Sculpt	Tonja	Large Room
	10:30-11:30	Yoga	Jean	Small Room
	11:45-11:55	★Cycling Set up for first Timers	Randy	Small Room
	12:00-1:00	★Group Cycling <small>Sudie 29</small>	Randy	Small Room
	12:30-1:30	★Chi-Gong	Michael	Large Room
	4:30-4:50	Core Strength	Lisa	Large Room
	4:55-6:00	Body Pump™	Lisa	Large Room
	5:00-6:00	★ZUMBA	Sandy	Small Room
	6:05-7:05	Yoga <small>Sam 22 Jean 29</small>	Matt	Large Room
	6:05-7:05	Group Cycling	Joseph	Small Room
	7:05-8:05	★Water Aerobics	Kathy	Pool
7:10-8:10	Body Pump™	Michelle F.	Large Room	

<b>THURS</b>	6:00-7:00 AM	Body Pump™	Lisa K.	Large Room
	7:00-8:00	★Tai-Chi	Sam	Small Room
	8:00-9:00	★Body Sculpt <small>Gail S. 2</small>	Julia	Large Room
	9:00-10:00	★Deep Water Aerobics	Brenda	Pool
	9:00-10:00	Group Cycling <small>Randy 2, 23 Vanessa 30</small>	Kim	Small Room
	9:05-10:05	H.E.A.T. <small>Burt 9</small>	Susan	Large Room
	10:00-11:00	★Easy Does It	Brenda	Pool
	10:30-11:30	Body Pump™ <small>Tonja 2 Michele P. 23</small>	Kim <small>Michelle 30</small>	Large Room
	10:30-11:30	★Yoga	Michael	Small Room
	4:35-5:35	★Group Cycling	Vanessa	Small Room
	6:00-7:00	Step/Sculpt	Klea	Large Room
	7:00-7:20	Abdominal Solutions	Klea	Large Room
	7:30-8:30	★Pilates	Laurie	Small Room
	7:40-8:40	★Nia	Sandy	Large Room

<b>FRI.</b>	6:00-7:00 AM	Group Cycling <small>Jonathon 24</small>	Susan R.	Small Room
	6:00-7:00 AM	Masters Swimming	Kyla/Beth	Pool
	9:05-10:05	★Deep Water	Jamie	Pool
	9:15-10:15	Boot Camp	Susan L.	Large Room
	9:15-10:15	Pilates	Angie	Small Room
	10:05-11:00	★Water Aerobics	Jamie	Pool
	10:30-11:30	★ Beginner Hi-lo/Sculpt	Burt	Small Room
	10:30-11:30	Body Pump™	Sudie	Large Room
	12:00-1:00	★Yoga	Matt	Large Room
	12:00-1:00 PM	★Group Cycling <small>Wyndy 10</small>	Sudie	Small Room
	5:15- 6:00 PM	★ Belly Dancing	Kumari a.k.a Michele P.	Large Room
6:20-7:20 PM	Body Pump™	Angie	Large Room	

<b>SAT.</b>	8:05-9:05 AM	★Step	Kate	Large Room
	9:00-10:00	Group Cycling <b>90 min. 7/25</b>	Joseph	Small Room
	9:15-9:25	★Body Pump Set-Up for 1 <sup>st</sup> -timers	Kyla	Large Room
	9:30-10:30	★Body Pump™	Kyla	Large Room
	10:45-11:55	Step/Abdominals	Lisa K.	Large Room
	10:45-12:00 PM	★Yoga <small>Angie 11</small>	Matt	Small Room
	12:00-1:00	Step/Sculpt	Klea	Large Room
	11:45-12:45	★Water Aerobics	Kathy	Pool