

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Decatur-Decalb Family YMCA

404-377-9622 ddy.ymcaatlanta.org

February 2010

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
SUN.	8:10-9:10 AM	★Group Cycling	Randy	Small Room
	9:15-10:15	★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 14, 28 Lauren 21, Vanessa 7	Small Room
	2:45-3:45	★ Zumba!	Jamie L	Large Room
	4:15-5:30	★Yoga	Matt	Small Room
	4:35-5:35	★Deep Water Aerobics	Tonja	Pool
MON.	6:00-7:00	Group Cycling	Jonathan	Small Room
	6:00-7:00	Masters Swimming	Kyla/Beth	Pool
	6:15-6:45 AM	★Boot Camp Express NEW CLASS	Lisa K.	Large Room
	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
	9:15-10:15	H.E.A.T.	Susan	Large Room
	9:10-10:10	★Belly Dancing	Michele P.	Small Room
	10:00-10:50	★Water Aerobics	Jamie	Pool
	10:30-11:30	★Beginner High/Low	Susan	Small Room
	10:30-11:30	Body Pump™	Kim	Large Room
	12:00-1:00 PM	★Group Cycling	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 15 Wyndy	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	
TUES.	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	Kim	Small Room
	9:15-10:15	★Pilates	Randy 2 Angie	Large Room
	10:05-11:00	★Easy Does It	Tonja	Pool
	10:30-11:30	★Yoga	Kim	Large Room
	10:30-11:30	★Group Cycling NEW CLASS	Laura	Small Room
	12:00-1:00	Body Pump™	Tonja	Large Room
	5:00-6:00 PM	★Group Cycling	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®

Boot Camp Express
Six weeks only—thru March 1st
Monday mornings 6:10-6:45am
all fitness levels welcome

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
WED.	6:00-7:00 AM	Masters Swimming	Kyla/Beth	Pool
	6:00-7:00 AM	★Group Cycling	Anthony	Small Room
	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	Small Room
	9:15-10:15	Step/ Interval	Klea	Large Room
	10:00-10:50	★Water Aerobics	Carol	Pool
	10:30-11:30	★Beginner Cardio 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	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	Group Cycling	Joseph	Small Room
	7:05-8:05	★Water Aerobics	Kathy	Pool
	7:15-8:15	Body Pump™	Michelle F.	Large Room
	8:00-9:00 NEW TIME	★Yoga	Matt	Small Room

THURS.	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	Julia	Large Room
	9:00-10:00	★Deep Water Aerobics	Brenda	Pool
	9:15-10:15	Group Cycling	Kim	Small Room
	9:15-10:15	H.E.A.T.	Susan	Large Room
	10:00-11:00	★Easy Does It	Brenda	Pool
	10:30-11:30	Body Pump™	Kim	Large Room
	10:30-11:30	★Yoga	Michael	Small Room
	5:00-6:00 PM	★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

FRI.	6:00-7:00 AM	Group Cycling	Susan R. 12 Jonathan	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
	9:20-10:15	★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	★Group Cycling	Sudie	Small Room
	5:15- 6:15 PM	★ Belly Dancing	Kumari a.k.a Michele P.	Large Room
6:20-7:20 PM	Body Pump™	Angie	Large Room	

SAT.	8:05-9:05 AM	★Boot Camp NEW CLASS	Burt	Large Room
	9:00-10:00	Group Cycling 90 min. Feb 27	Joseph	Small Room
	9:15-9:25	★Body Pump Set-Up for 1 st -timers	Kyla 13 Lisa K	Large Room
	9:30-10:30	★Body Pump™	Kyla 13 Lisa K	Large Room
	10:45-11:55	Step/Abdominals	Lisa K.	Large Room
	10:45-12:00	★Yoga Candika 6, 20	Matt 13, 27	Small Room
	12:00-1:00	Step/Sculpt	Klea	Large Room
	11:45-12:45	★Water Aerobics	Kathy	Pool