

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Ed Isakson/Alpharetta Family YMCA

770-664-1220

ia.ymcaatlanta.org

May 25th-August 9th

SUNDAY	Time	Class	Instructor	Location
Land	1:15-2:15PM	Amazing Step & Sculpt	Catherine	U Studio
	1:00-2:00	Endurance Cycle Challenges	Bill	L Studio
Water	1:30-2:30PM	★Water Combo	rotation	Pool
MONDAY				
Land	6:00-7:00 AM	(New) Challenging Drills, Conditioning & Core* PiYo Group Cycling* Group Cycling Pilates Running Club-Next Striders Zumba Combo Yoga ★Sculpt & Stretch● Group Cycling Body Sculpt ★Cardio Pump & Awesome Abs Cardio/Step & Core Power Group Cycling*	Melita	L Studio
	6:00-7:00		Karen/Christine	U Studio
	7:30-8:30		Melita/Christine	L Studio
	8:45-9:45		Kelly B	L Studio
	8:45-9:45		Daniela	U Studio
	9:00-10:30		Carolyn	Outside
	10:00-11:00		Toni	L Studio
	10:00-11:00		Jana	U Studio
	11:15-12:15PM		Bonita	L Studio
	11:15-12:00		Denise	U Studio
	12:30-1:30		Mike	L Studio
	4:30-5:30		Beth	U Studio
	5:45-6:45		Kathleen	U Studio
7:00-8:00	Augustine	U Studio		
7:00-8:00	Anthony	L Studio		
Water	8:45-9:30AM	★Water Cardio Conditioning	Hege	Pool
	9:30-10:15	★Water Pilates	Hege	Pool
	9:30-10:15	★Water Stretch & Flex●	Carla	Pool
	6:15-7:00 PM	Water Stretch & Fibro	Sally	Pool
	7:00-8:00	★Deep Water Fitness	Linda M	Pool
TUESDAY				
Land	5:45-6:45 AM	Group Cycling*	Lou	L Studio
	8:45-9:45	Body Sculpt	Haley	U Studio
	8:45-9:45	Group Cycling	Lisa	L Studio
	10:00-11:00	★Pilates	Liane	U Studio
	10:00-11:00	50/50	Melita	L Studio
	11:15AM-12.15PM	Cardio & Body Bar	Mary	U Studio
	11:15-12:15	★Resist-A-Ball	Christine S	L Studio
	12:15-1:00	Boot Camp/Kick Box	Kim	U Studio
	12:15-1:15	PiYo (Pilates/Yoga)	Maria/Mary	L Studio
	11:00-11:45	Seniors Conditioning	Billy	Climbing Wall Rm.
	4:30-5:30	50/50	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	Boot Camp/Kickbox	Robin/Kim	L Studio
	7:00-8:00	Zumba	Eve/Yvette	U Studio
6:45-8:00	Yoga	Daniela	L Studio	
Water	6:00-7:30AM	Masters Swim*	Coach	Pool
	8:30-9:15	Water Combo	Susan/Linda M	Pool
	9:15-10:00	Water Stretch & Flex●/Fibro●/Prenatal	Rebecca	Pool
	12:00-1:00PM	Sr. Water Fitness	Hege	Pool
	6:15-7:15	Water Fitness	Linda M	Pool
	7:15-8:15	★ Deep Water Fitness/Sculpt	Hilary	Pool

●These classes are open to program members

Childcare Hours: Mon-Thurs, 8:30am-1:15pm 3:30-8:00 pm

Fri 8:15am-1:15pm, 4:15-8:00 pm

Sat 8:00am-1:15pm, Sun 1:00-4:00

* Denotes no child care is available.

★These classes utilize **THE COACH APPROACH-**

An Exercise Support Process®, appropriate for those new or returning to Exercise.

For additional information please contact

Melita Lawson 770-663-3548

WEDNESDAY Time		Class	Instructor	Location
Land	6:00-7:00AM	PiYo (Pilates/Yoga)*	Karen	U Studio
	7:30-8:30	Endurance Cycle*	Melita	L Studio
	8:45-9:45	Group Cycling	Kelly B	L Studio
	8:45-9:45	★Body Sculpt	Sara	U Studio
	9:15-10:45	Running Club-First Striders	Carolyn	Outside
	10:00-11:00	Zumba	Toni	L Studio
	10:00-11:00	Super Step/Sculpt	Ginger D.	U Studio
	11:15-12:15	Pilates	Mara	L Studio
	11:15-12:00	★Sculpt & Stretch●	Denise	U Studio
	12:20-1:15	Group Cycling	Jackie	L studio
	4:30-5:30	★Body Sculpt	Lisa	U Studio
	5:45-6:45	Zumba	Cynthia/Natalie	U Studio
	7:00-8:00	Interval	Mauria	U Studio
Water	8:45-9:30AM	Water Drills w/ Noodle	Hege	Pool
	9:30-10:15	Water Pilates/Yoga	Hege	Pool
	9:30-10:15	★Water Stretch & Flex●	Linda P	Pool
	6:30-7:15PM	Water 20/20	Pascale	Pool
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THURSDAY				
Land	6:00-7:00 AM	Challenging Interval*	Robin	U Studio
	6:00-7:00	Group Cycling*	Anthony	L Studio
	8:45-9:45	Combo	Michelle	U Studio
	8:45-9:45	Group Cycling	Lisa	L Studio
	10:00-11:00	★Pilates	Mary	L Studio
	10:00-11:00	Body Sculpt	Haley	U Studio
	11:15-12:15 PM	Samba	Maria	U Studio
	12:30-1:30	Tai Chi	Augustine	U Studio
	11:15-12:15	50/50	Anna-Maria	L Studio
	11:00-11:45	Seniors Conditioning	Billy	Climbing Wall Rm
	4:30-5:30	★Group Cycling	Elsa/Christine	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	Frances	L Studio
	7:00-8:00	Body Sculpt	Rita	U Studio
Water	6:00-7:30AM	Masters Swim*	Coach	Pool
	8:30-9:15	★Deep Water Fitness	Linda P	Pool
	9:15-10:00	★Water Stretch & Flex	Linda P	Pool
	9:15-10:00	●Fibro Fit/Prenatal	Rebecca	Pool
	12:00-1:00PM	Sr. Water Fitness	Sally/Hege	Pool
	6:15-7:15	Water Cardio Conditioning w/Bike-optional	Sherry	Pool
	7:15-8:15	Water Fitness/Sculpt	Betsy/Susan	Pool
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FRIDAY				
Land	6:00-7:00 AM	Group Cycling*	Karen/Rich	L Studio
	8:00-8:30	Sculpt*	Kelly V	U Studio
	8:45-9:45	Group Cycling	Kelly V	L Studio
	8:45-9:45	Zumba	Stephanie/Heather	U Studio
	9:45-10:00	CorePower	Kelly V	L Studio
	10:00-11:00	Interval	Lisa H	U Studio
	10:15-11:45	Yoga	Veronica	L Studio
	12:00-1:00	(New) Group Cycle	Jackie/Anna-Maria	L Studio
	12:00-1:00PM	Body Sculpt	Sara	U Studio
		5:30-6:30	Combo & Core Power	Christine/Heidi O/Jen
Water	8:45-9:30AM	Water Cardio Conditioning	Jeanne	Pool
	9:30--10:15	Water Pilates	Jeanne	Pool
	9:30-10:15	★Water Stretch & Flex●	Linda P	Pool
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SATURDAY				
Land	8:30-9:30 AM	Group Cycling	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
	11:00-12:00	Step & Body Sculpt	Deniece/Mauria	U Studio
	11:00-12:00	Zumba	Cynthia	L Studio
	10:45-11:45	Power Yoga)	Veronica/Daniela	Teen Center
	12:15-1:15PM	Kids Zumba	Eve	L Studio
	12:15-1:15PM	Zumba	Toni	U Studio
	Water	8:00-9:00AM	Water Fitness	Lisa G/Hege

Class descriptions & guidelines can be found on back page.