

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Cowart Family/ Ashford Dunwoody YMCA

cay.ymcaatlanta.org

770-451-9622

July 2009

We will be closed for the July 4th holiday.

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>	
MON.	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	Kerry 13, 20, 27 Betty 6	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	
	5:30-6:25	Cardio-Kickbox	Ingrid 6, 20 Savannah 13, 27	South	
	6:00-6:25	★Abdominal Express	Alison 6, 13, 20 Betty 27	North	
	6:30-7:25	★Group Cycle	Alison 6, 13, 20 Davina 27	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	
	TUES.	6:00-6:55 AM	Group Cycle	Victoria	North
		6:00-6:55	★Body Sculpt	Miki	South
8:00-8:55		★Pilates	Stacey	South	
9:00-10:00		★Shallow Water	Martin	Pool	
9:00-9:55		★ZUMBA!	Ingrid 14, 21, 28 Enhichis 7	South	
10:00-11:00		TurboKick	Ingrid	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	Natalie	North	
6:00-6:55		★ZUMBA!	Enhicis	South	
7:00-7:55		Pilates	Heather 7, 21, 28 Savannah 14	South	
7:00-7:30		Step Express	Karen 7, 14 Laura 21, 28	North	
7:30-8:00		★Sculpt Express	Karen 7, 14 Laura 21, 28	North	
8:00-9:00		★ Yoga	Siobhan	South	
WED.	5:45-6:45AM	Group Cycle	Karen	North	
	8:30-9:25	Boot Camp	Teri	South	
	9:00-10:00	★Shallow Water	Linda 8, 15, 22, 27 Deb 1	Pool	
	9:00-10:00	★Group Cycle	Stacey	North	
	9:30-10:25	Body Sculpt	Melody 1, 8, 15, 29 TBA 22	South	
	10:00-10:15	Abs/Upper Body	Stacey	North	
	10:30-11:15	★Senior Strength	Linda 8, 15, 22, 27 Claire 1	North	
	10:30-11:25	★Pilates	Heather 1, 8, 22, 29 Savannah 15	South	
	10:30-11:25	Healthy Beginnings**-Water	Stephanie	Pool	
	11:30-12:25PM	Intermediate Yoga	Cherri	South	
	11:30-12:25	★Easy Does It	Linda 8, 15, 22, 27 Franke 1	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*

THURS.	Time	Class	Instructor	Location
	6:00-6:55AM	★Body Sculpt	Miki	South
	8:15-9:10	Body Sculpt	Teri	South
	9:20-10:15	TurboKick	Ingrid 2, 16, 23, 30 Savannah 9	South
	9:00-10:00	★Shallow Water	Sarah	Pool
	10:25-11:20	★Corepole	Stacey	South
	10:30-11:25	Healthy Beginnings**- Yoga	Cherri	North
	11:30-12:40PM	★Yoga	Stacey	South
	12:15-1:15	Group Cycle	Abby 9, 16, 23, 30 Gail 2	North
	12:45-1:40	★Tai Chi	Michael	South
	4:45-5:45	Pilates	Heather Cancelled for month of July	North
	6:00-6:55	★Group Cycle	Gail	North
	6:30-7:25	★ZUMBA!	Enhicis	South
	6:55-7:15	★Abs/Upper Body	Gail	North
	7:30-8:25	Body Sculpt	TBA	South

FRI.	5:45-6:45AM	Group Cycle	Richard	North
	8:15-9:15	Pilates	Heather 3, 10 24, 31 Suzi 17	South
	9:00-10:00	★Shallow Water	Franke	Pool
	9:00-10:00	★Group Cycle	Kerry 3, 17, 24, 31 Helen 3	North
	9:30-10:25	Body Sculpt	Izumi 17, 24, 31 Cancelled July 3 Savannah 10	South
	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

SAT.	8:30-9:25 AM	★Group Cycle	Randy	North
	8:30-9:25	Step	Megan 11 Jodie 18 Kerry 25	South
	9:30-10:25	Body Sculpt	Megan 11 Jodie 18 Kerry 25	South
	10:00-10:55	Group Cycle	Victoria / Natalie	North
	10:30-11:25	Cardio-Kickbox	Izumi 18, 25 Savannah 11	South
	11:30-1:00PM	Intermediate Yoga	Norma	North
	11:30-12:30	★NIA	Claire	South

SUN.	9:30-10:25 AM	★Group Cycle	Abby 12, 19, 26 Cancelled July 5	North
	1:00-2:00PM	★Group Cycle	Helen 5, 19 Abby 26 TBA 12	North
	1:00-2:00	★Deep Water	Franke	Pool
	1:30-2:25	Step	Karen 12 Jodie 5, 26 Laura 19	South
	2:00-2:55	Healthy Beginnings** Sculpt	Pamela	North
	2:30-3:25	Sculpt	Karen 12 Jodie 5, 26 TBA 19	South
	4:00-5:30	Intermediate Yoga	Susan	South
	5:30-6:00	Meditation	Susan	South

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

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

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.