

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Robert D. Fowler Family YMCA

770-246-9622

fpv.ymcaatlanta.org **June 8-June 30**

MONDAY

	Time	Class	Instructor	Location
	5:30-5:45	Totally Abs	Shelby	Aerobic Room
	5:45-6:45	Bodypump	Shelby	Aerobic Room
	6:00-7:00	Indoor Cycling	Henry	Cycling Room
New Time	6:30-7:30	10-K Run	Jim	YMCA Lobby
	8:15-9:00	★Stretch& Flex	Jan	Pool
	9:00-10:00	★Water Aerobics	Jan	Pool
	9:15-10:15	Bodypump	Elissa	Aerobic Room
	9:45-10:45	Group Cycling	Shelby	Cycling Room
	10:30-11:30	Inside Walking	Linda	Track
	10:30-11:40	Step & Sculpt	Julie	Aerobic Room
	12:00-1:00	Cycling	Irene 6/8,22 Ingrid 6/1,29 Gahzaleh 6/15	Cycling Room
	2:00-3:00	Line Dancing	Diane	Aerobic Room
	6:00-7:00	Groove Cycling **	Jerome	Cycling Room
	6:00-7:00	Body Pump	Jennifer	Aerobic room
	6:30-7:30	★Water Aerobics	Anne Marie	Pool
	7:15-8:30	Yoga	Kay	Aerobic Room

TUESDAY

5:15-6:15	Group Cycling**	Shelby	Cycling Room
6:05- 7:05	*Piloga	Jaynie	Aerobic room
6:15-7:10	Group Cycling **	Shelby	Cycling Room
6:45-7:45	10 K run	Jim	Front Lobby
8:00-9:00	★Walk Reebok	Cathy	Front Corridor
9:00-10:00	Group Cycling	Irene	Cycling Room
9:30-10:30	★Water Aerobics	Jan	Pool
9:45-11:00	Abs/Body Sculpt	Lisa G.	Activities Room
9:30-10:45	Yoga-Intermediate	Lin	Aerobic Room
11:00-12:00	★Senior Aerobics	Gina	Aerobic Room
12:30-1:30	★Tai Chi	Michael	Activities Room
5:45-6:40	Beginner Group Cycling	Bruce	Cycling Room
6:00-7:00	Kickboxing/Abs	Renee	Aerobic Room
6:30-7:30	★Water Aerobics	Louise, 6/2,16,30 Mildred 6/17,23	Pool
6:45-7:30	★Beginner Pilates	Bruce	Activities Room
7:00- 8:00	Zumba	Marta	Aerobic Room

WEDNESDAY

5:15- 6:15	BodyPump	Elissa	Aerobic Room
5:40-6:00	★Interval Run	Jim	NHS Track
6:00- 7:00	Group Cycling	Bob	Cycling Room
6:15-6:30	Totally Abs	Elissa	Aerobic Room
7:45- 8:45	★Walk Reebok	Cathy	Pool
9:00-10:00	Stretch & Flex with a kick	Donna	Pool
8:45-9:30	★Zumba	Karen	Aerobic Room
9:30-10:45	★Yoga Basics	Carrie	Senior Center
9:45-10:45	Bodypump	Carol	Aerobic Room
9:00-10:00	Group Cycling	Adrienne	Cycling Room
11:00-12:00	Senior Dance Aerobics	Kaye	Aerobics Room
10:00-11:00	Pilates-intermediate	Dominique	Activities Room
12:00-1:00	Cycling	Irene 6/24 Gahzaleh 6/3,10,17	Cycling Room
2:00-2:45	★Senior Chair Exercise	Louise 6/3,17 Donna 9/10,24	Senior Center
6:00-7:00	Groove Cycling **	Jerome	Cycling room
6:00- 7:00	Bodypump	Lisa DH	Aerobic Room
7:15- 8:30	Yoga-intermediate	Cindy	Aerobic Room

**** Sign up for these classes is 24 hours in advance. Please call to reserve a bike.**

THURSDAY				
5:15-6:10	Group Cycling **	Shelby	Cycling Room	
6:05- 7:05	★Piloga	Jaynie	Aerobic Room	
6:15-7:10	Group Cycling **	Shelby	Cycling Room	
7:00-8:00	10K Run	Jim	Front lobby	
8:00-9:00	★Walk Reebok	Cathy	Front Corridor	
8:30-9:30	★Zumba	Karen	Aerobic Room	
8:30-9:45	Abs/Body Sculpt	Lisa G.	Activities Room	
9:30-10:30	★Water Aerobics	Jan	Pool	
9:30-10:45	★Yoga w/ Meditation	Lin	Aerobic Room	
9:45-10:45	★Group cycling	Michelle	Cycling Room	
11:00-12:00	★Senior Aerobics	Kaye	Aerobic Room	
5:45-7:00	Beginners Group Cycling	Irene	Cycling Room	
6:00-7:00	Total Body Conditioning	Renee	Aerobic Room	
6:30-7:30	★Water Aerobics	Mildred	Pool	
7:00- 8:00	★Zumba	Marta	Aerobic Room	

FRIDAY				
5:30-5:45	★Totally Abs	Shelby	Aerobic Room	
5:45-6:45	Bodypump	Shelby	Aerobic Room	
6:15-7:15	10-K Run	Jim	YMCA Lobby	
8:15 – 9:00	★Aquatics Stretching	Louise/Jan	Pool	
9:00-10:00	Group Cycling	Irene	Cycling Room	
9:00-10:00	★Water Aerobics	Jan, 6/5,19 Louise 6/12,26	Pool	
9:00-10:00	Bodypump	Maureen	Aerobic Room	
9:40-10:05	Body conditioning	Shelby	Activities Room	
10:10-11:10	Group Cycling	Shelby	Cycling Room	
10:30-11:45	★Yoga with Meditation	Lin	Aerobic Room	
12:00-1:00	Step Aerobics	Julie	Aerobic Room	
6:00-7:00	Dance Club Cycling **	Jerome	Cycling Room	

SATURDAY				
New Time	8:05-9:05	Body Pump	Carol	Aerobics Room
New Time	8:30-9:30	Group Cycling **	Irene 6,20 Ingrid 6/13,27	Cycling Room
	9:00-10:00	Water Aerobics	Jan 6/6,20,27 Donna 6/13	Pool
New Time	9:10-10:10	Bodypump	Lisa D.H. 6/6,13,20 Candice 6/27	Aerobic Room
New Time	9:20 – 10:20	Pilates	Carol	Activities Room
New Time	10:20-10:50	Step Interval Express	Ghazaleh Lisa DH Linda Ghazaleh Lisa DH	Aerobics Room
New Time	11:00-12:15	★Yoga	Carrie	Aerobic Room
	12:30-1:30	Body Camp	Earnest	Aerobic Room

SUNDAY				
1:10- 2:10	★Zumba	Enhics/Miguel	Aerobic Room	
2:15-3:30	★Yoga	Carrie 6/7 & 14 Cindy 6/21 & 28	Aerobic Room	
3:00-4:00	Group Cycling	Ingrid 6/7 & 21 Lisa DH 6/ 14 & 28	Cycling Room	
4:00-5:00	Bodypump	Maureen	Aerobic Room	

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Childcare Hours:

Mon-Thurs, 8:30-1:15, 4:00-8:30pm
 Friday, 8:30-1:15, 4:00-7:00pm
 Sat. 8:00-1:00pm
 Sun. 2:00-4:00pm

(★)These Classes utilize **THE COACH**

APPROACH- An Exercise Support Process, appropriate for those new to exercise. For additional information please contact Curtis Winston at curtisw@ymcaatlanta.org