

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Robert D. Fowler Family YMCA

770-246-9622

fpy.ymcaatlanta.org

## July

### 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
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/ Irene 7/13	Aerobic 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	Kaye, 7/7 Anne Marie, 7/12, 7/27 Mildred, 7/20	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
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	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	Aerobic Room
10:00-11:00	Pilates-intermediate	Dominique	Activities Room
<b>New Class</b> 12:00-1:00	★Core Cardio	Julie/Dominique 7/15	Aerobic Room
2:00-2:45	★Senior Chair Exercise	Louise 7/1, 7/15, 7/29 Donna 7/8, 7/22	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.

**Facility Hours Saturday July 4 - 8AM – 12PM NO CLASSES!!**

<b>THURSDAY</b>				
	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
<b>New Time</b>	12:00- 1:00	Step	Julie/Lisa G. 7/16	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

<b>FRIDAY</b>				
	5:30-5:45	★Totally Abs	Shelby	Aerobic Room
	5:45-6:45	Bodypump	Shelby	Aerobic Room
	6:30-7:30	10-K Run	Jim	YMCA Lobby
	8:15 – 9:00	★Aquatics Stretching	Jan/Louise	Pool
	9:00-10:00	★Water Aerobics	Jan, 7/3, 7/18 Louise 7/10, 7/24	Pool
<b>New Time</b>	9:00-10:00	Group Cycling	Irene	Cycling Room
	9:15-10:15	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
<b>New Class</b>	12:00-1:00	★Zumba	Julie/ Eny 7/17	Aerobic Room
	6:00-7:00	Dance Club Cycling **	Jerome	Cycling Room

<b>SATURDAY</b>					
	8:05-9:05	Body Pump	No class 7/4	Carol	Aerobic Room
	8:30-9:30	Group Cycling **	No class 7/4	Irene	Cycling Room
	9:00-10:00	Water Aerobics	No class 7/4	Donna, 7/11 Jan, 7/18 Louise, 7/25	Pool
	9:10-10:10	Bodypump	No class 7/4	Lisa D.H. 7/11, 7/25 Jennifer, 7/18	Aerobic Room
<b>New Time</b>	9:20 – 10:20	Pilates	No class 7/4	Carol	Activities Room
	10:15-10:50	Step Express	No class 7/4	Lisa D H , 7/11, 7/25 Linda 7/18	Aerobic Room
	11:00-12:15	★Yoga	No class 7/4	Carrie	Aerobic Room
	12:30-1:30	Body Camp	No class 7/4	Earnest	Aerobic Room

<b>SUNDAY</b>				
	1:10- 2:10	★Zumba	Enhics, 7/5, 7/19 Miguel 7/12, 7/26	Aerobic Room
	2:15-3:30	★Yoga	Lin, 7/5 Carrie, 7/12 Cindy, 7/19, 7/26	Aerobic Room
	3:00-4:00	Group Cycling	Ingrid 7/5, 7/19 Lisa DH, 7/12, 7/26	Cycling Room
	4:00-5:00	Bodypump	Maureen	Aerobic Room

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**Facility Hours July 4 – 8AM – 12PM NO CLASSES**

**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](mailto:curtisw@ymcaatlanta.org)