

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

November 2009

	<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 2, 9, 23, 20 Helen 16	South
	9:00-10:00	★Shallow Water	Luz	Pool
	9:00-10:00	★Group Cycle	Stacey	North
	9:30-10:25	★Body Sculpt	Melody 2, 9, 16, 23 TBA 30	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
	12:15-1:15	★AF SUN Style Tai Chi	Deb	South
	5:30-6:25	Cardio-Kickbox	Katie	South
	6:00-6:25	★Abdominal Express	Alison	North
	6:30-7:25	★Group Cycle	Alison	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
6:00-6:55		★Body Sculpt	Miki	South
8:00-8:55		Pilates	Suzi	South
9:00-10:00		★Shallow Water	Martin	Pool
9:00-9:55		★ZUMBA!	Ingrid	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 3, 10, 17 Stacey 24	South
6:00-6:55		★Group Cycle	Helen	North
6:00-6:55		★ZUMBA!	Enhicis 10, 24 Star 3, 17	South
7:00-7:55		★ Pilates	Heather 3, 10, 17 Melody 24	North
7:00-7:55		★Hip Hop Hustle	Alison 3, 17, 24 Ingrid 10	South
8:00-9:00		★ Yoga	Siobhan	South
WED.	5:45-6:45AM	Group Cycle	Karen	North
	8:30-9:25	Boot Camp	Teri 4, 11, 25 Helen 18	South
	9:00-10:00	★Water Circuit	Sarah 18, 25 Stephanie 4, 11	Pool
	9:00-10:00	★Group Cycle	Stacey	North
	9:30-10:25	Body Sculpt	Melody	South
	10:00-10:15	Abs/Upper Body	Stacey	North
	10:30-11:15	★Senior Strength	Linda	North
	10:30-11:25	★Pilates	Heather 4, 11, 18 Melody 25	South
	10:30-11:25	Healthy Begin Prenatal**-Water	Stephanie	Pool
	11:30-12:45PM	Intermediate Yoga	Cherri	South
	11:30-12:25	★Easy Does It	Linda	Pool
	5:00-5:55	CorePole	Megan Class cancelled Nov 25 only	South
	6:00- 6:55	★Stretch & Strength	Betty Class cancelled Nov 25 only	South
	6:30-7:25	Deep Water	Bridget Class cancelled Nov 25 only	Pool
	6:30-7:25	Group Cycle	Victoria Class cancelled Nov 25 only	North
7:05-8:20	★Yoga	Norma Class cancelled Nov 25 only	South	

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

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

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
THURS.	No classes on Thanksgiving, November 26th. Enjoy your Thanksgiving Holiday Everyone!			
	6:00-6:55AM	★Body Sculpt	Miki	South
	8:15-9:10	Interval Training	Teri 5, 12 TBA 19	South
	9:00-10:00	★Shallow Water	Sarah 19 Martin 5, 12	Pool
	9:15-10:10	★Hip Hop Hustle	Ingrid	South
	10:15-11:10	TurboKick	Ingrid	South
	11:00-11:55	Healthy Begin Prenatal**- Yoga	Cherri	North
	11:15-12:30PM	★Yoga Pilates Fusion	Stacey New Format!	South
	12:15-1:15	Group Cycle	Abby	North
	12:45-1:40	★Tai Chi	Michael	South
	4:45-5:45	Pilates	Heather	North
	5:00-5:55	CorePole	Stacey Class Cancelled for November	South
	6:00-6:45	★Intro to Group Cycle	Gail	North
	6:30-7:25	★ZUMBA!	Enhicis	South
	6:45-7:00	★Abs/Upper Body	Gail	North
	7:30-8:25	★ Yoga	Abby	South
FRI.	5:45-6:45AM	Group Cycle	Richard Class cancelled Nov 27 only	North
	8:15-9:15	Pilates	Heather Class cancelled Nov 27 only	South
	8:30-9:15	TurboKick	Ingrid This Turkey Burner offered Nov 27 only	South
	9:00-10:00	★Shallow Water	Franke Turkey Burner on Nov 27th!	Pool
	9:00-10:00	★Group Cycle	Davina Turkey Burner Nov 27thwith Richard	North
	9:30-10:25	Body Sculpt	Izumi Turkey Burner on Nov 27th!	South
	10:00-10:15	Abs/Upper Body	Davina New Class! No class Nov 27 only	North
	10:00-10:55	★Group Cycle	Abby This Turkey Burner offered Nov 27 only!	North
	10:30-11:20	★Senior Stretch and Tone	Sandy No class Nov 27 only	North
	10:30-11:25	★AF SUN Style Tai Chi	Claire This class time offered Nov 27 only!	South
	10:30-11:45	★Gentle Yoga	Cherri No class Nov 27 only	South
	11:30-12:30PM	★Easy Does It	Franke Turkey Burner on Nov 27th!	Pool
	12:15-1:15	★AF SUN Style Tai Chi	Claire This class offered at 10:30 on Nov 27	South
SAT.	8:30-9:25 AM	★Group Cycle	Randy 7, 21, 28 Kerry 14	North
	8:30-9:25	Step	Kerry 7, Megan 14, 21 Kerry 28	South
	9:30-10:25	Body Sculpt	Kerry 7, Megan 14, 21 TBA 28	South
	10:00-10:55	Group Cycle	Natalie	South
	10:30-11:25	Cardio-Kickbox	Izumi	South
	11:00-12:00PM	Healthy Begin Prenatal** Sculpt	Betty 14, 28 Gail 7, 21	North
	11:30-12:30	★Dance'n Stretch	Claire	South
	12:35PM-2:00	Intermediate Yoga	Norma 7, 14, 21 Izumi 28	South
SUN.	9:30-10:25 AM	★Group Cycle	Abby	North
	12:00-12:55PM	★AF SUN Style Tai Chi	Lorrie New Class!	South
	1:00-2:00PM	★Group Cycle	Richard	North
	1:00-2:00	★Deep Water	Franke	Pool
	1:30-2:25	Step	Laura 1, 22 Karen 8, 15 Kerry 29	South
	2:30-3:25	Sculpt	Betty 1, 22 Karen 8, 15 Kerry 29	South
	4:00-5:30	Intermediate Yoga	Susan	South
	5:30-6:00	Meditation	Susan	South

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- Please bring your own Yoga/Pilates mat to Yoga/Pilates classes. The YMCA has a limited number of mats available.
- Please bring a towel and fluid to all classes. Remember to wipe off your equipment when you are finished with the class.

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.