

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Robert D. Fowler Family YMCA

770-246-9622

fp.yymcaatlanta.org

November

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	Donna	Pool
9:00-10:00	★Water Aerobics	Donna	Pool
9:15-10:15	Bodypump	Maureen 11/2,11/16,11/30 Elissa 11/9,11/23	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	Christine	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	Kay Chambliss	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
8:30-9:30	★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	Ranjana	Aerobic Room
11:00-12:00	★Senior Aerobics	Gina	Aerobic Room
11:00-12:00	Core Conditioning	Kerry	Activities 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	Ann Marie	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
5:30-5:50	★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
9:45-10:45	Group Cycling	Adrienne	Cycling Room
11:00-12:00	Senior Dance Aerobics	Kaye	Aerobic Room
10:00-11:00	Pilates-intermediate	Dominque	Activities Room
2:00-2:45	★Senior Chair Exercise	Louise /Donna	Senior Center
6:00-7:00	Groove Cycling **	Jerome	Cycling room
6:00- 7:00	Bodypump	Lisa H	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.**

The YMCA will be closed Thursday, November 26, for Thanksgiving.

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
8:30-9:30	★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	Ranjana	Aerobic Room
9:45-10:45	★Group cycling	Michelle	Cycling Room
11:00-12:00	★Senior Aerobics	Kaye	Aerobic Room
11:00-12:00	Core Conditioning	Kerry	Activities Room
4:30-5:30	Teen Yoga	Cindy	Aerobics 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
6:30-7:30	10-K Run	Jim	YMCA Lobby
8:15 – 9:00	★Aquatics Stretching	Louise	Pool
9:00-10:00	★Water Aerobics	Louise	Pool
9:00-10:00	Group Cycling	Irene	Cycling Room
9:15-10:15	Bodypump	Maureen	Aerobic Room
9:45-10:10	Body conditioning	Shelby	Activities Room
10:10-11:10	Group Cycling	Shelby	Cycling Room
10:30-11:45	★Yoga with Meditation	Ranjana	Aerobic Room
12:00-1:00	★Zumba	Julie	Aerobic Room
6:00-7:00	Dance Club Cycling **	Jerome	Cycling Room

SATURDAY			
8:05-9:05	Body Pump	Carol	Aerobic Room
8:15-9:15	Group Cycling **	Irene	Cycling Room
9:00-10:00	Water Aerobics	Jan	Pool
9:10-10:10	Bodypump	Margaret	Aerobic Room
9:20 – 10:20	Pilates	Carol	Activities Room
10:15-10:50	Step Express	Lisa H	Aerobic Room
11:00-12:15	★Yoga	Carrie	Aerobic Room
12:30-1:30	Body Camp	Kerry	Aerobic Room

SUNDAY			
1:10- 2:10	★Zumba	Enhics/ Miguel	Aerobic Room
2:15-3:30	★Yoga	Lin / Cindy	Aerobic Room
3:00-4:00	Group Cycling	Ingrid/Lisa H	Cycling Room
4:00-5:00	Bodypump	Elissa 11/1,11/15,11/29 Maureen 11/8, 11/22	Aerobic Room

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Closed Thursday November 26 for Thanksgiving!

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