

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Decatur-Decalb Family YMCA

404-377-9622 [ddy.ymcaatlanta.org](http://ddy.ymcaatlanta.org)

## October

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>SUN</b>	8:10-9:10 AM	★Group Cycling	Randy	Small Room
	9:15-10:10	★Pilates	Randy	Small Room
	9:30-10:30	Body Pump™	Shannon	Large Room
	1:30-2:30 PM	★Body Pump™	Michele	Large Room
	2:30-3:30	★Group Cycling	Vanessa 5 Wyndy 19 Lauren 12, 26	Small Room
	2:45-3:45	★ Zumba!	Jamie L	Large Room
	4:00- 5:00	★Body Sculpt	Kathy	Large Room
	4:15-5:30	★Yoga	Matt Angie S. 12	Small Room
	4:35-5:35 <b>New Time</b>	★Deep Water Aerobics	Tonja	Pool
<b>MON.</b>	6:00-7:00	Group Cycling	Jonathan	Small Room
	8:00-9:00	Body Sculpt	Julia	Large Room
	9:00-10:00	★Deep Water Aerobics	Jamie	Pool
	9:10-10:00	★MS Society	Renee	Pool
	9:15-10:15	H.E.A.T.	Susan	Large Room
	9:20-10:20	Boot Camp	Mario	Gym
	10:00-10:50	★Water Aerobics	Jamie	Pool
	10:30-11:30	★Senior/Beginner Movement	Susan	Small Room
	10:30-11:30	★Body Pump™	Kim	Large Room
	12:00-1:00 PM	★Group Cycling	Randy	Small Room
	4:30-4:50	Core Strength	Lisa	Large Room
	4:55-6:00	★Body Pump™	Lisa	Large Room
	6:00-7:00 <b>New Time</b>	Group Cycling	Vanessa	Small Room
	6:05-7:05	Step	Lauren	Large Room
	7:05-8:05	★Water Aerobics	Kathy	Pool
	7:10-8:10	Body Pump™	Shannon	Large Room
8:00-9:00	★Yoga	Jean	Small Room	
<b>TUES.</b>	6:00-7:00 AM	★Body Pump™	Lisa K	Large Room
	7:00-8:00	★Tai-Chi	Sam	Small Room
	9:05-10:05	★Chi-Splash	Michael	Pool
	9:15-10:00	★Group Cycling	Kim	Small Room
	9:25-10:25	★Pilates	Heather	Large Room
	10:05-11:00	★Easy Does It	Tonja	Pool
	10:30-11:30	★Yoga	Kim	Large Room
	4:35-5:30	★Group Cycling	Wyndy	Small Room
	5:35-6:00	Abdominals	Jermaine	Large Room
	6:00-7:00	Hi/Lo	Jermaine	Large Room
	7:10-8:10	Cardio-Kickboxing	Michele	Large Room
	7:40-8:40	★Nia	Sandy	Small Room

Any class with a ★ next to it is a class that 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 Stacey Stevens at [staceys@ymcaatlanta.org](mailto:staceys@ymcaatlanta.org)

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>WED.</b>	6:00-7:00 AM	Group Cycling	Anthony	Small Room
	9:00-9:55	★Deep Water Aerobics	Carol	Pool
	9:15-10:15	Step/ Interval	Klea	Large Room
	10:00-10:50	Water Aerobics	Carol	Pool
	10:30-11:30	★Beginner Step/Sculpt	Tonja	Large Room
	10:30-11:30	Yoga	Jean	Small Room
	12:00-1:00	★Group Cycling	Randy Susan 1	Small Room
	1:00-2:00	★Chi-Gong	Michael	Large Room
	4:30-4:50	Core Strength	Lisa Sudie 1	Large Room
	4:55-6:00	★Body Pump™	Lisa Sudie 1	Large Room
	5:00-6:00	★ZUMBA	Sandy	Small Room
	6:05-7:05	Yoga	Matt	Large Room
	6:05-7:05	Group Cycling	Joseph	Small Room
	7:05-8:05	★Water Aerobics	Kathy	Pool
	7:10-8:10	Body Pump™	Michelle F.	Large Room

<b>THURS</b>	6:00-7:00 AM	★Body Pump™	Lisa K.	Large Room
	7:00-8:00	★Tai-Chi	Sam	Small Room
	8:00-9:00	Body Sculpt	Julia	Large Room
	9:00-10:00	★Deep Water Aerobics	Brenda	Pool
	9:15-10:15	Group Cycling	Kim	Small Room
	9:15-10:25	H.E.A.T.	Susan	Large Room
	10:00-11:00	★Easy Does It	Brenda	Pool
	10:30-11:30	★Body Pump™	Kim	Large Room
	10:30-11:30	★Yoga	Michael	Small Room
	4:35-5:35	Group Cycling	Vanessa	Small Room
	6:00-7:00	Step/Sculpt	Klea	Large Room
	7:00-7:20	Abdominal Solutions	Klea	Large Room
	7:40-8:40	★Nia	Sandy	Small Room

<b>FRI.</b>	6:00-7:00 AM	Group Cycling	Julia	Small Room
	9:05-10:05	★Deep Water	Jamie S	Pool
	9:20-10:20	Boot Camp	Mario	GYM
	9:15-10:15	Pilates	Angie	Small Room
	10:05-11:00	★Water Aerobics	Jamie	Pool
	10:30-11:30	★ Basic Hi-lo/Sculpt	Susan	Small Room
	10:30-11:30	Body Pump™	Sudie	Large Room
	11:45-12:45	★Yoga	Matt	Large Room
	12:00-1:00 PM	★Group Cycling	Sudie Randy 31	Small Room
6:20-7:20	★Body Pump™	Angie	Large Room	

<b>SAT.</b>	8:05-9:05 AM	Step	Kate	Large Room
	9:00-10:00	Group Cycling <b>10/25 8:45-10:15</b>	Joseph	Small Room
	9:15-9:25	★Body Pump Set-Up for 1 <sup>st</sup> -timers	Lisa L.	Large Room
	9:30-10:30	★Body Pump™	Lisa L.	Large Room
	10:45-11:55	Step/Abdominals	Lisa K.	Large Room
	10:45-12:00 PM	★Yoga	4, 18 Matt 11, 25 Angie	Small Room
	12:00-1:00	Step/Sculpt	Klea	Large Room
	11:45-12:45	★Water Aerobics	Kathy	Pool