

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Cowart Family/ Ashford Dunwoody YMCA

cay.ymcaatlanta.org

770-451-9622

September 2008

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>	
MON.	6:00-7:00	Group Cycling	Jim	North	
	8:30-9:25	Boot Camp	Terri	South	
	9:00-10:00	★Shallow Water	Luz	Pool	
	9:00-10:00	★Group Cycling	Stacey	North	
	10:00-10:15	★ Abs/Upper Body	Stacey	North	
	9:30-10:25	★Body Sculpting	Kerry	South	
	10:30-11:20	★Senior Stretch	Sandy	North	
	10:30-11:45	Beginner/Intermediate Yoga	Cherri	South	
	11:30-12:30	★Easy Does It	Linda	Pool	
	5:30-6:25	Cardio-Kickboxing	Katie	South	
	6:00-6:25	★Abdominal Express	Alison	North	
	6:30-7:25	★Group Cycling	Alison	North	
	6:30-7:25	★Stretch & Strength	Betty	South	
	6:30-7:25	★Shallow Water	Bridget	Pool	
	7:30-8:30	Body Sculpting	Reggie	South	
	TUES.	6:00-6:55 AM	Group Cycling	Victoria	North
		6:00-6:55	★Body Sculpting	Miki	South
8:00-8:55		★Pilates	Stacey	South	
9:00-10:00		★Shallow Water	Martin	Pool	
9:00-9:55		★ZUMBA!	Ingrid New Format!	South	
10:00-11:00		Cardio-kickboxing	Ingrid No Class Sept 2nd Only	South	
11:05-12:05		Fitness Yoga	Abby	South	
12:15-1:15		Group Cycling	Abby	North	
12:45-1:40		★Tai Chi	Michael	South	
4:45-5:45		★Beginner Yoga	Norma	North	
6:00-6:55		★Group Cycling	Natalie	North	
5:45-6:25		Step Express	Laura	South	
6:25-6:55		★Sculpt Express	Laura	South	
7:00-7:55		Pilates	Heather	South	
8:00-9:00		★ Yoga	Siobhan	South	
WED.	5:45-6:45	Group Cycling	Karen	North	
	8:30-9:25	Boot Camp	Terri	South	
	9:00-10:00	★Shallow Water	Linda	Pool	
	9:00-10:00	★Group Cycling	Stacey	North	
	10:00-10:15	Abs/Upper Body	Stacey	North	
	9:40-10:25	Body Sculpting	Reggie	South	
	10:00-10:30	Mommy and Me Water	Stephanie ages 6mths-2yrs	Pool	
	10:30-11:25	★Pilates	Heather	South	
	10:35-11:25	Healthy Beginnings-Water	Stephanie	Pool	
	10:30-11:15	★Senior Strength	Linda	North	
	11:30-12:45	Intermediate/Advanced Yoga	Cherri	South	
	11:30-12:25	★Easy Does It	Linda	Pool	
	5:00-5:55	Corepole	Megan	South	
	6:00- 6:55	★Stretch & Strength	Betty	South	
	6:30-7:25	Deep Water	Candace	Pool	
	6:30-7:25	Group Cycling	Victoria	North	
	7:05-8:20	★Yoga	Norma	South	

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
THURS.	6:00-6:55	★Body Sculpting	Miki	South
	8:30-9:25	Interval Training	Terri	South
	9:30-10:25	CardioKickboxing	Ingrid	South
	9:30-10:30	★Shallow Water	Sarah	Pool
	11:20-12:05	Healthy Beginnings Sculpt	Libia New Time!	North
	10:30-11:25	★Corepole	Stacey	South
	11:30-12:40	★Yoga	Stacey	South
	12:15-1:15	Group Cycling	Abby	North
	12:45-1:40	★Tai Chi	Michael	South
	4:45-5:45	Pilates	Heather	North
	5:30-6:25	Cardio-Funk	Sheri	South
	6:00-6:55	★Group Cycling	Gail	North
	6:55-7:15	★Abs/Upper Body	Gail	North
	6:30-7:25	★ZUMBA!	Eny	South
	7:30-8:25	Body Sculpting!	Reggie	South
FRI.	5:45-6:55	Group Cycling	Richard	North
	8:15-9:15	Pilates	Heather	South
	9:00-10:00	★Shallow Water	Franke	Pool
	9:15 -10:10	★Group Cycling	Kerry	North
	10:40-11:20	★Senior Stretch and Tone	Sandy	North
	9:30-10:25	Body Sculpting	Reggie	South
	10:30- 11:30	★Gentle Yoga	Cherri	South
	11:30-12:30 PM	★Easy Does It	Franke	Pool
SAT.	8:30-9:25 AM	★Group Cycling	Randy	North
	8:30-9:25	Step	Kerry / Megan / Karen	South
	9:30-10:25	Body Sculpting	Kerry / Megan / Karen	South
	10:00-10:55	Group Cycling	Natalie/Victoria	North
	10:30-11:25	Cardio Kickboxing	Izumi	South
	11:30-1:00 PM	Intermediate Yoga	Norma	North
11:30-12:30	★NIA	Claire	South	
SUN.	1:00-2:00	★Group Cycling	Davina/Helen	North
	1:00-2:00	★Deep Water	Franke	Pool
	1:30-2:25	Step	Laura/Karen/Jodie	South
	2:15- 3:15	★Cardio Funk	Jaime	North
	2:30-3:25	Sculpt	Reggie/Karen/Jodie	South
	4:00-5:30	Intermediate Yoga	Susan	South
	5:00-6:00	Group Cycling	Abby	North
	5:30-6:00	Meditation	Susan	South

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 Jamie Cox, Wellness Director