

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Robert D. Fowler Family YMCA

770-246-9622

fpv.ymcaatlanta.org

**March**

<b>MONDAY</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
	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
<b>NEW TIME</b>	9:00-10:00	Bodypump	Maureen / 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	Laraine	Aerobic Room
<b>NEW</b>	12:00- 12:50	★Senior & Beginner Cycling	Gina/Linda	Cycling 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

<b>TUESDAY</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
	5:15-6:15	Group Cycling**	Shelby	Cycling Room
	6:00-7:00	★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	Teri	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
	6:00-7:00	Beginner Group Cycling	Maureen/Lisa D-H	Cycling Room
	6:00-7:00	Kickboxing/Abs	Renee	Aerobic Room
	6:30-7:30	★Water Aerobics	Ann Marie	Pool
	7:00-7:45	★Beginner Pilates	Charly	Activities Room
	7:00- 8:00	Zumba	Marta	Aerobic Room

<b>WEDNESDAY</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
	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	Dominique	Activities Room
<b>NEW!</b>	12:00- 1:00	★Get Movin'	Kay	Aerobic 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.**

THURSDAY	Time	Activity	Instructor	Room
	5:15-6:10	Group Cycling **	Shelby	Cycling Room
	6:00- 7:00	★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	Star	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	Time	Activity	Instructor	Room
	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
NEW TIME	9:00-10:00	Bodypump	Maureen	Aerobic Room
	9:45 – 10:15	Total Body Conditioning	Shelby	Activities Room
	10:15–11:15	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 **	Ingrid/Henry	Cycling Room

SATURDAY	Time	Activity	Instructor	Room
	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	Time	Activity	Instructor	Room
	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 / Maureen	Aerobic Room

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### 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)