

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Ed Isakson/Alpharetta Family YMCA

770-664-1220

ia.yymcaatlanta.org

October 4th, 2009 – January 3rd 2010

SUNDAY	Time	Class	Instructor	Location
Land	1:15-2:15PM	Amazing Step & Sculpt	Catherine	U Studio
	1:00-2:00	Endurance Cycle Challenges	Bill	L Studio
Water	1:30-2:30	★Water Combo	rotation	Pool
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MONDAY				
Land	7:30-8:30	Group Cycling*	Melita	L Studio
	8:40-9:40	Group Cycling	Kelly B	L Studio
	8:45-9:45	Pilates	Daniela	U Studio
	9:15-10:45	Running Club-Next Striders	Carolyn	Outside
	9:45-10:45	Zumba	Toni	L Studio
	9:45-10:45	Combo	Jana	U Studio
	11:00-12:00	Yoga	Bonita	L Studio
	11:00-11:45	★Sculpt & Stretch●	Denise	U Studio
	12:00-12:45PM	Group Cycling	Mike	L Studio
	3:45-4:15PM	Kids Challenge-Core & Cardio	Beth	U Studio
	4:30-5:30	Body Sculpt	Beth	U Studio
	5:30-6:30	★Cardio Pump	Kathleen	U Studio
NEW!!	6:30-7:30	Sculpt & Core Power	Augustine	U Studio
	7:00-8:00	Group Cycling*	Anthony	L Studio
Water	9:00-9:45	★Water Cardio Conditioning	Hege	Pool
	9:45-10:30	★Water Pilates	Hege	Pool
	1:00-1:45 PM	★Water Stretch & Flex●	Carla	Pool
	6:15-7:00	Water Stretch & Fibro	Sally	Pool
	7:00-8:00	★Deep Water Fitness	Linda M	Pool
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TUESDAY				
Land	5:45-6:45 AM	Group Cycling*	Lou	L Studio
	8:45-9:45	Body Sculpt	Haley	U Studio
	8:45-9:45	Group Cycling	Lisa	L Studio
	10:00-11:00	50/50	Melita	L Studio
	10:00-11:00	Pilates	Liane	U Studio
	11:00-12:00	Resist-a-Ball	Christine	L Studio
NEW !!	12:00-1:00PM	Zumba	Heather & Stephanie	U Studio
	12:00-12:45	Seniors Conditioning	Billy	Climbing Wall Rm.
NEW !!	4:30-5:30PM	Cycle	Elsa	L Studio
	5:45-6:45	★Step/Sculpt	Debbie	U Studio
	5:45-7:00	Running Club-Milers	Randy	Outside
NEW !!	5:35-6:35	Intense Body Strengthening	Robin/Kim	L Studio
	7:00-8:00	Zumba	Eve/Yvette	U Studio
	6:45-8:15	Yoga	Frances	L Studio
Water	6:00-7:30AM	Masters Swim*	Coach	Pool
	8:30-9:15	Water Combo	Susan/Linda M	Pool
	9:15-10:00	Water Stretch & Flex	Rebecca	Pool
	10:00-10:45	●Water Fibro Fit Fit/●/Prenatal	Rebecca	Pool
	1:00-2:00PM	Senior Water Fitness	Hege	Pool
	6:15-7:15	Water Fitness	Linda M	Pool
	7:15-8:15	★ Deep Water Fitness/Sculpt	Hilary	Pool

●These classes are open to program members

Childcare Hours: Mon-Thurs, 8:30am-1:15pm 3:30-8:00 pm

Fri 8:15am-1:15pm, 4:15-8:00 pm

Sat 8:00am-1:15pm, Sun 1:00-4:00

* Denotes no child care is available.

★These classes utilize **THE COACH APPROACH-**

An Exercise Support Process®, appropriate for those new or returning to Exercise.

For additional information please contact

Melita Lawson 770-663-3548

WEDNESDAY Time**Class****Instructor****Location**

Land 6:00-7:00AM
7:30-8:30
8:40-9:40
8:45-9:45
9:15-10:45
9:45-10:45
9:45-10:45
11:00-11:45
12:00-12:45PM

PiYo (Pilates/Yoga)*
Cycle Power*
Group Cycling
★Body Sculpt
Running Club-Next Striders
Zumba
Super Step/Sculpt
★Sculpt & Stretch●
Group Cycling

Karen
Melita
Kelly B
Sara
Carolyn
Toni
Ginger D.
Denise
Jackie

U Studio
L Studio
L Studio
U Studio
Outside
L Studio
U Studio
U Studio
L studio

3:45-4:15PM
4:30-5:30
5:45-6:45
7:00-8:00

Kids Challenge– Drills & Power.
★Body Sculpt
Zumba
Interval

Lisa
Lisa
Cynthia/Natalie
Yvette

U Studio
U Studio
U Studio
U Studio

Water 9:00-9:45AM
9:45-10:30
1:00-1:45PM
6:30-7:15

Water Drills w/ Noodle
Water Pilates/Yoga
★Water Stretch & Flex●
Water 20/20

Hege
Hege
Linda P
Pascale

Pool
Pool
Pool
Pool

THURSDAY

Land 6:00-7:00 AM
6:00-7:00
8:45-9:45
8:45-9:45
10:00-11:00
10:00-11:00
11:15-12:15 PM
12:00-12:45

Boot Camp Style*
Group Cycling*
Combo
Group Cycling
★Pilates
Body Sculpt
Cardio Latin Core
Seniors Conditioning

Robin
Anthony
Michelle
Lisa
Mary
Haley
Maria
Billy

U Studio
L Studio
U Studio
L Studio
L Studio
U Studio
U Studio
Climbing Wall Rm

4:30-5:30PM
5:30-6:30
5:30-6:30
5:45-7:00
6:30-8:00
7:00-8:00

★Group Cycling
★Pilates
★Combo
Running Club-Milers
Yoga
Body Sculpt

Elsa
Maria
Mark
Randy
Daniela
Rita

L Studio
L Studio
U Studio
Outside
L Studio
U Studio

Water 6:00-7:30AM
8:30-9:15
9:15-10:00
10:00-10:45
1:00-2:00PM
6:15-7:15
7:15-8:15

Masters Swim*
★Deep Water Fitness
★Water Stretch & Flex
●Water Fibro Fit/Prenatal
Sr. Water Fitness
Water Cardio Conditioning w/Bike-optional
Water Fitness/Sculpt

Coach
Linda P
Linda P
Rebecca
Sally/Hege
Sherry
Betsy/Susan

Pool
Pool
Pool
Pool
Pool
Pool
Pool

FRIDAY

Land 6:00-7:00 AM
8:00-8:30
8:45-9:45
8:45-9:45
9:45-10:00
10:00-11:00
10:15-11:45
12:00-12:45PM
12:00-1:00

Group Cycling*
Sculpt*
Group Cycling
Zumba
CorePower
Interval
Yoga
Group Cycle
Body Sculpt

Karen/Rich
Kelly V
Kelly V
Stephanie/Heather
Kelly V
Lisa H
Veronica
Jackie/Anna-Maria
Sara

L Studio
U Studio
L Studio
U Studio
L Studio
U Studio
L Studio
L Studio
U Studio

NEW!! 5:30-6:00PM
6:00-6:30
6:30-7:00

Pre Weekend Challenge !!!

Intense Cardio
Intense Sculpting
Intense Abs

Christine/Heidi/Jen
Christine/Heidi/Jen
Christine/Heidi/Jen

U Studio
U Studio
U Studio

Water 9:00-9:45AM
9:45--10:30
1:00-1:45

Water Cardio Conditioning
Water Pilates
★Water Stretch & Flex●

Jeanne
Jeanne
Linda P

Pool
Pool
Pool

SATURDAY

Land 8:30-9:30 AM
8:30-9:30
9:45-10:45
9:45-10:45
11:00-12:00
11:00-12:00
10:45-11:45
12:15-1:15PM
12:15-1:15PM

Group Cycling
Interval
50/50
★Pilates
Step & Body Sculpt
Zumba
Power Yoga)
Kids Zumba
Zumba

Kristen
Robin
Haley/Elsa
Catherine
Deniece/Yvette
Cynthia
Veronica/Daniela
Eve
Toni

L Studio
U Studio
L Studio
U Studio
U Studio
L Studio
Teen Center
L Studio
U Studio

Water 8:00-9:00AM

Water Fitness

Lisa G/Hege

Pool

Class descriptions & auidelines can be found on back paae.