

GROUP EXERCISE SCHEDULE

Spring 1 Session

February 20 - April 15, 2012



**FREE Classes for
Members Only, Ages 14+**

MONDAY			TUESDAY			WEDNESDAY		
5:15-6:00 AM	Cycling	WS	5:30-6:30 AM	Group Power	BV, WS	5:15-6:00 AM	Cycling	WS
5:15-6:15	Group Power	ES	5:45-6:30	Zumba®	ES	5:30-6:15	Cycling	ES
5:30-6:15	Cycling	ES	5:45-6:30	Cycling	WS	5:30-6:30	Fit For Life	BV
5:30-6:30	Fit For Life	BV	6:00-6:45	Cycling	DT	5:45-6:30	Zumba®	WS
5:45-6:30	Zumba®	WS	6:45-7:30	Cycling	BV	5:45-6:45	Fit For Life	ES
5:45-6:45	Fit For Life	ES, WS	7:45-8:45	Gentle Water	WS	5:45-6:45	Cardio Sculpt	WS
6:00-6:45	Deep Water Conditioning	BV	8:00-9:00	Cardio Kickboxing	BV	6:00-6:45	Deep Water Conditioning	BV
6:05-6:50	Cycling	WS	8:15-8:45	Lively Low	ES	6:05-6:50	Cycling	WS
7:00-8:00	Cardio Sculpt	BV	8:15-9:00	Waterworks	BV	7:00-7:45	Core Conditioning	BV
7:30-8:15	Waterworks	ES	8:15-9:00	Zumba®	ES	7:30-8:15	Waterworks	ES
7:45-8:30	Waterworks	BV	8:30-9:15	Cycling	WS	7:45-8:30	Waterworks	BV
7:45-8:45	Waterworks	WS	8:30-9:15	Step	WS	7:45-8:45	Waterworks	WS
8:00-9:00	Group Power	WS	9:00-9:45	Sit and Be Fit	ES	8:00-9:00	Group Power	WS
8:15-9:00	SilverSneakers® MSROM	BV	9:00-9:45	SilverSneakers® MSROM	DT	8:15-9:00	SilverSneakers® MSROM	BV
8:45-9:30	Gentle Water	ES	9:15-10:00	Core Conditioning	ES	8:45-9:30	Gentle Water	ES
8:45-9:30	Cardio Kickboxing	ES	9:15-10:00	Cardio Kickboxing	WS	8:45-9:30	Cardio Sculpt	ES
8:45-9:45	SilverSneakers® - Cardio Circuit	WS	9:15-10:15	Zumba®	WS	8:45-9:45	SilverSneakers® - Cardio Circuit	WS
9:00-9:45	Lively Low Impact	DT	9:30-10:30	Sit and Be Fit	WS	9:00-9:45	Lively Low Impact	DT
9:00-10:00	Waterworks	WS	9:30-10:15	Cycling	ES	9:00-10:00	Waterworks	WS
9:15-10:00	Gentle Water	BV	10:15-11:00	Cardio Sculpt	ES	9:15-10:00	Gentle Water	BV
9:15-10:15	Cardio Sculpt	BV, WS	10:15-11:45	Line Dancing	WS	9:15-10:00	Cardio Sculpt	BV, WS
9:15-10:15	Zumba® Tone	WS	11:00-11:45	SilverSneakers® MSROM	WS	9:15-10:15	Zumba®	WS
9:15-10:00	Cycling	WS	11:30-12:00	Core Conditioning	DT	9:15-10:15	Cycling	WS
9:30-10:15	Cycling	ES	12:00-12:45 PM	Cardio Sculpt	DT	9:15-10:00	Cycling	WS
9:35-10:20	Core Conditioning	ES	12:00-1:00	Waterworks	WS	9:30-10:15	Cycling	ES
9:45-10:30	Gentle Water	DT	12:00-1:00	Group Power	WS	9:35-10:20	Core Conditioning	ES
10:00-10:45	Gentle Water	WS	4:30-5:15	Core Conditioning	BV	9:45-10:30	Gentle Water	DT
10:15-11:00	Core Conditioning	WS	4:30-5:30	Piloxing	WS	10:00-10:45	Gentle Water	WS
10:20-11:20	Group Power	BV	4:45-5:30	Cardio Kickboxing	ES	10:15-11:00	Core Conditioning	WS
10:25-11:10	Cardio Sculpt	ES	5:15-6:15	Group Power	DT	10:20-11:20	Group Power	BV
10:30-12:00	Line Dancing	ES	5:30-6:15	Cycling	ES	10:25-11:10	Cardio Sculpt	ES
11:30-12:15	Arthritis Program	DT	5:30-6:30	Group Power	BV	10:30-12:00	Line Dancing	ES
11:30-12:00	Cycling	DT	5:30-6:30	Deep Water Conditioning	DT	11:25-12:10	Cycling	BV
12:00-1:00 PM	Group Power	DT	5:30-6:30	Group Power	WS	11:30-12:15	Arthritis Program	DT
12:15-1:00	Cardio Sculpt	BV	5:30-7:00	Line Dancing	ES	11:30-12:00	Cycling	DT
4:30-5:15	Cardio Kickboxing	BV	5:35-6:20	Core Conditioning	ES	12:00-12:30 PM	Zumba®	DT
4:30-5:15	Cycling	WS	5:40-6:25	Waterworks	ES	12:00-1:00	Group Power	DT
4:30-5:30	Step	WS	5:45-6:30	Cycling	WS	12:15-1:00	Cardio Sculpt	BV
4:30-5:30	Group Power	ES	6:30-7:15	Zumba®	ES, WS	4:30-5:15	Cardio Kickboxing	BV
4:45-5:30	Cycling	ES	6:30-7:15	Cycling	ES	4:30-5:30	Step	WS
5:30-6:30	Fit For Life	BV	6:35-7:20	Cycling	BV	4:30-5:30	Group Power	ES
5:30-6:30	Cardio Kickboxing	WS	7:30-8:15	Zumba®	BV	5:00-5:45	Cycling	WS
5:35-6:20	Step	ES	7:30-8:30	Waterworks	WS	5:15-6:00	Cycling	DT
5:40-6:40	Waterworks	BV	7:30-8:30	Group Power	ES	5:30-6:15	Cycling	ES
5:45-6:30	Cycling	ES				5:30-6:30	Fit For Life	BV
6:00-6:45	Cycling	WS				5:30-6:30	Cardio Kickboxing	WS
6:25-7:05	Core Conditioning	ES				5:35-6:20	Step	ES
6:30-7:30	Piloxing	BV				5:40-6:40	Waterworks	BV
6:45-7:30	Cycling	ES				6:25-7:05	Core Conditioning	ES
7:00-8:00	Deep Water Conditioning	BV				6:30-7:30	Piloxing	BV
7:15-8:15	Group Power	WS				6:30-7:15	Cycling	ES
7:15-8:00	Zumba®	ES				6:35-7:15	Core Conditioning	WS
7:15-8:00	Zumba®	ES				7:00-8:00	Deep Water Conditioning	BV
						7:15-8:15	Group Power	WS
						7:15-8:00	Zumba®	ES
						7:35-8:35	Group Power	BV

See reverse side for THURSDAY THROUGH SUNDAY

GROUP EXERCISE SCHEDULE



Spring 1 Session

February 20 - April 15, 2012

**FREE Classes for
Members Only, Ages 14+**

THURSDAY			FRIDAY			SATURDAY		
5:15-6:15 AM	Group Power	ES	5:15-6:00 AM	Cycling	WS	6:15-7:15 AM	Group Power	BV
5:30-6:15	Cycling	WS	5:30-6:15	Cycling	ES	7:00-8:00	Deep Water Conditioning	BV
5:30-6:30	Group Power	BV	5:30-6:30	Fit For Life	BV	7:00-7:45	Zumba®	ES
5:45-6:30	Waterworks	ES	5:45-6:30	Zumba®	WS	7:00-7:45	Cycling	ES
6:00-6:45	Cycling	DT	5:45-6:45	Fit For Life	ES, WS	7:30-8:15	Cycling	WS
6:30-7:15	Zumba®	ES	6:00-6:45	Deep Water Conditioning	BV	7:30-8:30	Fit For Life	BV
6:45-7:30	Cycling	BV	6:05-6:50	Cycling	WS	7:30-8:30	Waterworks	ES
7:45-8:45	Gentle Water	WS	7:00-7:45	Cycling	BV	7:45-8:45	Waterworks	WS
8:00-8:45	Core Conditioning	WS	7:30-8:15	Waterworks	ES	8:00-8:45	Waterworks	BV
8:00-9:00	Cardio Kickboxing	BV	7:30-8:30	Piloxing	ES	8:00-8:45	Cycling	ES
8:15-9:00	Waterworks	BV	7:45-8:30	Waterworks	BV	8:00-8:45	Cardio Sculpt	ES
8:15-9:00	Step	ES	7:45-8:45	Waterworks	WS	8:00-9:00	Step	WS
8:30-9:15	Cycling	WS	8:00-9:00	Cardio Sculpt	BV	8:00-9:00	Group Power	ES
9:00-9:45	Sit and Be Fit	ES	8:00-9:00	Group Power	WS	8:35-9:35	Cardio Sculpt	BV
9:00-9:45	SilverSneakers® MSROM	DT	8:45-9:30	Gentle Water	ES	9:15-10:00	Zumba®	ES
9:00-10:00	Piloxing	WS	8:45-9:30	Cardio Kickboxing	ES	9:15-10:00	Cycling	WS
9:15-10:00	Cycling	BV	8:45-9:45	SilverSneakers® - Cardio Circuit	WS	9:15-10:15	Group Power	WS
9:05-9:50	Core Conditioning	ES				10:15-11:15	Zumba®	WS
9:15-10:15	Zumba®	WS	9:00-9:45	Lively Low Impact	DT	SUNDAY		
9:30-10:15	Cycling	ES	9:00-10:00	Waterworks	WS			
9:30-10:30	Sit and Be Fit	WS	9:15-10:00	Gentle Water	BV	7:30-8:15 AM	Cycling	WS
10:00-10:45	Cardio Sculpt	ES	9:15-10:15	Cardio Sculpt	BV, WS	8:00-8:45	Core Conditioning	ES
10:15-11:45	Line Dancing	WS	9:15-10:15	Zumba®	WS	9:00-9:45	Cycling	ES
11:00-11:45	SilverSneakers® MSROM	WS	9:15-10:00	Cycling	WS	9:15-10:00	Cycling	BV
11:30-12:15	Cardio Sculpt	DT	9:30-10:15	Cycling	ES	9:45-10:30	Cycling	ES
12:00-1:00 PM	Waterworks	WS	9:40-10:25	Core Conditioning	ES	9:45-10:45	Group Power	ES
12:00-1:00	Group Power	WS	9:45-10:30	Gentle Water	DT	10:15-11:00	Cycling	BV
12:15-12:45	Core Conditioning	DT	10:00-10:45	Gentle Water	WS	10:15-11:15	Zumba®	WS
4:30-5:30	Cardio Sculpt	WS	10:15-11:00	Core Conditioning	WS			
5:25-6:10	Core Conditioning	DT	10:20-11:20	Group Power	BV			
5:30-6:15	Cycling	ES	10:35-11:35	Group Power	ES			
5:30-6:30	Deep Water Conditioning	DT	11:25-12:10	Cycling	BV			
5:30-6:30	Group Power	BV, WS	11:30-12:15	Arthritis Program	DT			
5:35-6:20	Core Conditioning	ES	11:30-12:00	Core Conditioning	DT			
5:40-6:25	Waterworks	ES	12:00-1:00 PM	Group Power	DT			
5:45-6:30	Cycling	WS	12:15-1:00	Cardio Sculpt	BV			
6:30-7:15	Cycling	ES	4:30-5:15	Zumba®	BV			
6:30-7:15	Zumba®	ES, WS	5:00-5:45	Cycling	WS			
6:35-7:20	Cycling	BV	5:30-6:30	Cardio Sculpt	BV			
6:45-7:30	Cycling	WS						
7:30-8:15	Zumba®	BV						
7:30-8:30	Group Power	ES						
7:30-8:30	Waterworks	WS						

Membership For All helps to ensure that everyone belongs at the YMCA. For information contact the YMCA at 436-9629.

See reverse side for MONDAY THROUGH WEDNESDAY

Class descriptions are on a separate sheet.

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