

YMCA Exercise Class Schedule: Feb. 22, - April 2, 2010
Phone 674-7488

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:10-6:10 am	Group Cycling * (MPR)	Power Flex* (AG)	Group Cycling * (MPR)	Power Flex* (AG)	Group Cycling * (MPR)
6:00-7:00 am		Pilates Matwork*** (MBC: 6:00-6:45 am)		Pilates Matwork*** (MBC: 6:00-6:45 am)	
7:45-8:45 am	♥ AOA Cardio/ Strength (ASC/G3)	♥ Women on Weights (SC: 8:00-9:00 am)	♥ AOA Cardio/ Strength (ASC/G3)	♥ Women on Weights (SC: 8:00-9:00 am)	♥ AOA Cardio/ Strength (ASC/G3)
8:30-9:30 am	Group Cycling * (MPR)	Power Flex* (AG)	Group Cycling * (MPR)	Power Flex* (AG)	Group Cycling * (MPR)
9:00-10:00 am	♥ Core Training & Stretch ** (MBC)	♥ Gentle Yoga (MBC) Pilates Matwork*** (AG: 9:30-10:15 am)	♥ Core Training & Stretch ** (MBC)	♥ Gentle Yoga (MBC) Pilates Matwork*** (AG: 9:30-10:15 am)	♥ Core Training & Stretch ** (MBC)
10:15-11:15 am	♥ AOA Cardio/ Strength (ASC/G3)		♥ AOA Cardio/ Strength (ASC/G3)		♥ AOA Cardio/ Strength (ASC/G3)
12:15-1:15 pm	Group Cycling * (MPR) (12:15-1:00 pm) Zumba (AG) 12:15-1:00 pm)	30-Min. Express (SC: 12:15-12:45 pm) Pilates Matwork*** (AG: 12:15-1:00 pm) Yoga (MBC)	Group Cycling * (MPR) (12:15-1:00 pm) Zumba (AG) 12:15-1:00 pm)	30-Min. Express (SC: 12:15-12:45 pm) Pilates Matwork*** (AG: 12:15-1:00 pm) Yoga (MBC)	Group Cycling * (MPR) (12:15-1:00 pm) Zumba (AG) 12:15-1:00 pm)
3:30-4:00 pm	Action Zone (AG)	Action Zone (AG)	Action Zone (AG)	Action Zone (AG)	
4:00-4:30 pm		Pre-H.S. Strength (ASC)		Pre-H.S. Strength (ASC)	
4:30-5:30 pm	Zumba (AG) Group Cycling (MPR: 4:30-5:15 pm) Pre HS Strength (ASC: 4:45-5:15pm)	Strictly Strength* (SC) Pilates Matwork*** (MBC: 4:30-5:15 pm)	Zumba (AG) Group Cycling (MPR: 4:30-5:15 pm) Pre HS Strength (ASC: 4:45-5:15pm)	Strictly Strength* (SC) Pilates Matwork*** (MBC: 4:30-5:15 pm)	Zumba (AG) Group Cycling (MPR: 4:30-5:15 pm)
5:30-6:30 pm	Group Cycling* (MPR) STEP (AG: 5:35-6:30pm)	Power Flex * (AG) Yoga (MBC: 5:30-6:30pm)	Group Cycling* (MPR) STEP (AG: 5:35-6:30pm)	Power Flex * (AG) Yoga (MBC: 5:30-6:30pm)	Group Cycling* (MPR) STEP (AG: 5:35-6:30pm)
6:30-7:30 pm	M&M Tae Kwon Do (G1: 5:45-6:15pm) Tae Kwon Do (G1: 6:30-8:30 pm)	Beginner Fox Trot/ Waltz (AG: 6:45-7:45pm)	M&M Tae Kwon Do (G1: 5:45-6:15pm) Tae Kwon Do (G1: 6:30-8:30 pm)		Tae Kwon Do (AG: 7:00-8:30 pm)

1.* **Orientation required.**

Aerobic class orientations are held every Monday, 10-minutes prior to start of class, during class times. For strength class orientations, please contact Katie Cox.

2.** **Core Training & Stretch:** Contact Patty Cox for an orientation before first class.

3.*** **New students to Pilates Matwork:** Contact Patty Cox for an orientation before first class.

4. ♥ **Indicates "Health Seeker" classes:** Health Seekers are looking for a supportive environment that will assist them in becoming committed to an active and healthy lifestyle.

Classes will be cancelled after the second week of the session if there is less than (six) 6 participants on a regular basis. Thereafter, classes will be monitored and if numbers drop below 6, cancellation dates will be set.