

YMCA Exercise Class Schedule: Jan. 4–Feb. 12, 2010

Phone 674-7488

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|--|---|--|
| 5:10-6:10 am | Group Cycling * (MPR) | Strictly Strength* (SC) | Group Cycling * (MPR) | Strictly Strength* (SC) | Group Cycling * (MPR) |
| 6:00-7:00 am | ♥ YPF 6:30-7:30 am (ASC) | Pilates Matwork*** (MBC: 6:00-6:45 am) | ♥ YPF 6:30-7:30 am (ASC) | Pilates Matwork*** (MBC: 6:00-6:45 am) | ♥ YPF 6:30-7:30 am (ASC) |
| 7:45-8:45 am | ♥ AOA Cardio/ Strength (ASC/G3) ♥ Can Do Cardio Smorgasbord (AG: 8:00– 8:45 am) | ♥ Women on Weights (SC: 8:00-9:00 am) | ♥ AOA Cardio/ Strength (ASC/G3) ♥ Can Do Cardio Smorgasbord (AG: 8:00– 8:45 am) | ♥ Women on Weights (SC: 8:00-9:00 am) | ♥ AOA Cardio/ Strength (ASC/G3) ♥ Can Do Cardio Smorgasbord (AG: 8:00– 8:45 am) |
| 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 | ♥ YPF (ASC) ♥ Core Training & Stretch ** (MBC) | ♥ Gentle Yoga (MBC) ♥ Activate Sheridan Center Open Pilates Matwork*** (AG: 9:30-10:15 am) | ♥ YPF (ASC) ♥ Core Training & Stretch ** (MBC) | ♥ Gentle Yoga (MBC) ♥ Activate Sheridan Center Open Pilates Matwork*** (AG: 9:30-10:15 am) | ♥ YPF (ASC) ♥ Core Training & Stretch ** (MBC) |
| 10:15-11:15 am | ♥ AOA Cardio/ Strength (ASC/G3) | | ♥ AOA Cardio/ Strength (ASC/G3) | | ♥ AOA Cardio/ Strength (ASC/G3) |
| 11:15-12:15 pm | ♥ Activate Sheridan Center Open | | ♥ Activate Sheridan Center Open | | ♥ Activate Sheridan Center Open |
| 12:15-1:15 pm | Group Cycling * (MPR) (12:15-1:00 pm) ♥ YPF (ASC) 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) ♥ YPF (ASC) 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) ♥ YPF (ASC) Zumba (AG) 12:15-1:00 pm) |
| 1:30-3:00 pm | ♥ Activate Sheridan Center Open | ♥ Activate Sheridan Center Open | ♥ Activate Sheridan Center Open | ♥ Activate Sheridan Center Open | ♥ Activate Sheridan Center Open |
| 3:30-4:00 pm | Action Zone (AG) | Action Zone (AG) | Action Zone (AG) | Action Zone (AG) | |
| 4:00-4:30 pm | ♥ Activate Sheridan Center Open (4:00-4:45 pm) | Pre-H.S. Strength (ASC) | ♥ Activate Sheridan Center Open (4:00-4:45 pm) | 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) ♥ YPF (ASC) STEP (AG: 5:35-6:30pm) | Power Flex * (AG) Yoga (MBC: 5:30-6:30pm) ♥ Weight. Mngmt (ASC: 5:30-7:00pm) | Group Cycling* (MPR) ♥ YPF (ASC) STEP (AG: 5:35-6:30pm) | Power Flex * (AG) Yoga (MBC: 5:30-6:30pm) ♥ Weight. Mngmt (ASC: 5:30-7:00pm) | Group Cycling* (MPR) ♥ YPF (ASC) 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) |

Healthy Back Workshop is February 15, 2010, from 6:00-8:30pm in the Mind Body Center

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.