

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Jan. 2 – March 4

Classes may be canceled if we do not have enough interest to conduct a class. Please register for all classes to secure your place in the class. Registering in advance guarantees placement and allows us to contact registrants in case of changes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:30 am Strictly Spin Pegi	5:30 – 6:30 am Power Toning Chris	5:45 – 6:30 am Cardio Combos Teresa	5:45 – 6:30 am Power Toning Teresa	5:45 – 6:30 am Rise & Shine Yoga Theresa M.		
8:15 – 9:15 am Spinning Fun Shan		8:15 – 9:00 am Fitness Center Cardio Blast Shan		8:00 – 8:30 am Quick Spin Teresa	8:00 – 9:15 am Yoga Rebecca	
9:15 – 10:00 am Upper Body & Abs Shan	8:30 – 10:00 am Strength Circuits Shan	9:00 – 9:45 am Fitness Center Strength Circuits Shan	8:30 – 10:00 am Group Drill Spinning Shan	8:30 – 9:15 am Power Toning Teresa	9:30 – 10:45 Step, Spin & Strength Mary and Carrie	9:15 – 10:15 am Kettlebell & Core Jaci
10:00 – 11:00 am Senior Workout Susan	10:00 – 11:00 am Yoga Marcy	10:00 – 11:00 am Senior Workout Susan	10:00 – 11:00 am Flexibility for Life Shan	10:00 – 11:00 am Low Impact Aerobics w/ Susan		10:15 – 10:45 am More Core! Jaci
11:00 – 11:45 am Silver Sneakers! Susan		11:00 – 11:45 am Silver Sneakers! Susan			<i>Boot Camp will resume on Sat. mornings in March!</i>	12:00 – 1:15 pm Yoga TJ
12:10–12:50 pm Step and Core! Diane	12:10 – 12:50 pm Strength and Tone Lynn or Diane	12:10 – 12:50 pm Spinning Blast Shan	12:10 – 12:50 pm Intense Cardio Lynn or Diane	12:10 – 12:50 pm Strength & Tone Mary C.		
4:30 – 5:30 pm Strength Circuits Andre	4:30 – 5:30 pm Spin & Circuits Blasts w/ Carrie	4:30 – 5:30 pm Whole Body "Detail Work" w/ Shan	4:30 – 5:30 pm Intense Cardio and Strength Training Will	5:15 – 6:45 pm Cardio & Strength Blast in Fitness Center w/ Shan		<i>The highlighted blobs identify time or class changes from last session.</i>
5:30 – 6:30 pm Step and Body Blitz Mary	5:30 – 6:30 pm Kickbox and Core Diane	5:30 – 6:30 pm Kettlebell Pump Jaci	5:30 – 6:30 pm Butts & Guts & Pilates Tami			<i>Grey areas indicate time blobs when no classes take place.</i>
	6:30 – 7:30 pm ZUMBA CLASSES BEGIN JAN. 24TH W/ZOE!!!	6:45 – 7:45 pm Yoga Melanie				



