

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Sept. 7 – Nov. 7

Classes may be cancelled 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
5:30 - 6:30 am Spin & Abs Shan	5:45 - 6:30 am Kettlebell Pump Jaci	5:30 - 6:30 am Chris' Combos Chris	5:45 - 6:30 am Start Strong Karen	5:45 - 6:30 am Strictly Spin Peggi		
8:00 - 8:30 am Quick Spin Karen		8:00 - 8:30 am Quick Spin Kris		8:00 - 8:30 am Quick Spin Teresa	8:00 - 9:20 am Yoga Rebecca	
8:30 - 9:30 Strength Drills Karen	8:30 - 9:45 am Spin and Strength Shan	8:30 - 9:30 am Strength Works Shan	8:30 - 9:45 am Spin and Drills Shan	8:30 - 9:15 am Power Toning Teresa	9:30 - 11:00 am Bootcamp Challenge Shan	9:15 - 10:15 am Kettlebell & Core Jaci
9:45 - 10:45 am Senior Workout Susan C	10:00 - 11:00 am Stretch & Flow Shan	9:45 - 10:45 am Senior Workout Susan C.	10:00 - 11:00 Stretch & Flow Karen	9:45 - 10:45 am Low Impact Aerobics w/ Susan	11:00 - 12:30 Tai Chi & Qigong Marcy	10:15 - 10:45 am More Core! Jaci
12:10 - 12:50 pm Core and Stretch Diane	12:10 - 12:50 pm Intense Cardio Lynn or Diane	12:10 - 12:50 pm Spinning Blast Shan	12:10 - 12:50 pm Power Grooving for Athletes Lynn or Diane	12:10 - 12:50 pm Cardio Jam Brenda		***NEW*** Turkey Trot Training begins Sept. 20
						M,W,F at 5:00 Tami & Jim
4:30 - 5:30 pm Upper Body Strength Only Shan	4:30 - 5:30 pm Yoga Melanie	4:30 - 5:30 pm CardioPower Shan	4:30 - 5:30 pm Spin and Strength Carrie F.	5:15 - 6:15 pm Zumba Cardio Dance Party! Sam and Carrie		
5:30 - 6:30 pm Step & Body Blitz Mary	5:30 - 6:30 pm Spin and Kettle Kris and Jaci	5:30 - 6:30 pm Kettlebell Pump Jaci	5:30 - 6:30 pm Kickbox and Core Diane			