



# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Winter 2010



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>						
5:30am	Spin Express-AR Carrie		Spin Express-AR Carrie		Spin Express –AR Miguel	
8:30am	Zumba –AR Kelli	Super Spin –AR Danille Pilates-U Lynn	Zumba-AR Maria	Super Spin-AR Carrie Pilates-U Monica	Step Challenge-AR Melody Zumba Toning –U Alma	Super Spin-AR Miguel
9:00am	Power Walk –G Melissa		Power Walk –G Monica	Boot-Camp Cardio-G Amber	Power Walk-G Danille	
9:30am	Spin Express -AR Michelle	Upper Cuts-AR Kelli	Bottoms Up-AR Amber	Upper Cuts-AR Amber	Bottoms Up-AR Mindy	Super Spin-AR Michelle
10:00am	Pilates-U Gina	Yoga –U Chris	Ab Blast-U Amber	Yoga –U Dawn		Zumba –U Alma
10:15am	AOA-AR Melissa	Silver Sneakers® - AR Danille	AOA-AR Monica	Silver Sneakers® - AR Monica	AOA-AR Danille	
11:00am	Basic Step-AR Gina		Zumba Gold-AR Laura			
<b>Evening Classes</b>						
4:30pm		Ab Blast-U Danille		Ab Blast –U Carrie		
5:00pm	Zumba –AR Erica Basic Yoga-U Chris	Super Spin-AR Danille	Zumba Toning-U Maria/Alma Cardio Pump –AR Kelli	Super Spin –AR Carrie	Zumba-AR Erica	
6:00pm	Super Spin –AR Carrie Power Yoga –U Chris	Zumba –AR Maria Pilates-U Jessica	Super Spin-AR Carrie Yoga-U Julie	Zumba –AR Maria		
7:00pm	<b>Karate-AR</b>	Super Spin-AR Carrie	Belly Dancing-U Julie	<b>Karate-AR</b>		

AR = Aerobic Room

U = Upstairs Room

G = Gym

Schedule is subject to change.