

**updated
3/1/10**



YGROUP EXERCISE™
We build strong kids, strong families, strong communities.
Spring 2010



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
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	Zumba Toning –U Alma	Super Spin-AR Miguel Boot Camp -G Danille
9:00am	Power Walk –G Danille		Power Walk –G Monica		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(1 hr) Mindy	Super Spin-AR Michelle
10:00am	Pilates-U Gina	Yoga –U Chris	Ab Blast-U Amber AOA-AR Monica	Yoga –U Julie		10:30am Zumba – AR Alma
10:15am	AOA-AR Danille	Silver Sneakers® -AR Danille		Silver Sneakers® -AR Monica	AOA-AR Danille	
11:00am	Basic Step-AR Gina		Zumba Gold-AR Laura			
Evening Classes						
4:30pm		Ab Blast-U Danille		Ab Blast –U Carrie		
5:00pm	Zumba –AR Erica Basic Yoga-U Chris	Boot Camp-AR Danille	Zumba Toning-AR Kelli	Super Spin –AR Carrie Pilates -U Sarah	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	Karate-AR	Super Spin-AR Carrie	Belly Dancing-U Julie	Karate-AR		

AR = Aerobic Room

U = Upstairs Room

G = Gym



Schedule is subject to change.

