



# HEALTHY LIVING

## Group Exercise Schedule

### Fall 1: September 10 through October 28, 2017

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY				THURSDAY			
Time	Class	Instructor	Location	Time	Class	Instructor	Location
6:30-7:30 am	Get Started	Anne	Studio 2	7:30-8:00am	Morning Madness	Kathy	Studio 2
9:15-10:00am	Kick Fusion	Andrea	Studio 2	8:15-8:45am	Tai Chi	Kathy	Studio 2
10:00-10:30am	Core N More	Andrea	Studio 1	9:15-10:00 am	Spin	Colette	Studio 1
10:00-10:45am	Zumba Gold	Kelli	Studio 2	9:30-10:15 am	SS Circuit	Kelli	Studio 2
11:15-12:15pm	SS Yoga	Lisa	Studio 2	10:10-10:55am	Body Blast	Colette	Studio 1
5:30-6:15pm	WERQ	LaTanya	Studio 2	10:25-11:05am	SS Classic	Kelli	Studio 2
6:15-6:45pm	Family Yoga**	Diana	Studio 1	5:30-6:15pm	Spin	Tim	Studio 1
6:30-7:30 pm	BodyPump/HITT	Atije	Studio 2	6:00-7:00pm	BodyPump/HITT	Jamie	Studio 2
7:00-8:00 pm	Yoga	Diana	Studio 1	6:30-7:15pm	Kick Fusion	Dave	Studio 1
				7:15-8:15pm	Zumba**	Kelli	Studio 2
				7:20-8:10pm	Core N More	Dave	Studio 1
TUESDAY				FRIDAY			
Time	Class	Instructor	Location	Time	Class	Instructor	Location
7:30-8:00am	Morning Madness	Kathy	Studio 2	6:30-7:30 am	Get Started	Anne	Studio 2
8:15-8:45am	Tai Chi	Kathy	Studio 2	9:15-10:00am	Cardio Blitz	Andrea	Studio 2
9:15-10:00 am	Spin	Lisa	Studio 1	10:00-10:30am	Core N More	Andrea	Studio 1
9:30-10:15 am	SS Circuit	Kelli	Studio 2	10:00-10:45am	Zumba Gold	Kelli	Studio 2
10:15-10:45am	Barre None	Lisa	Studio 1	6:30-7:30pm	Zumba**	Caryn	Studio 2
10:25-11:05 am	SS Classic	Kelli	Studio 2	* Highlighted boxes are pay classes or pay \$20/month for FitPlus and take all classes on the schedule. Please register for classes at the front desk. The Y reserves the right to cancel classes due to low enrollment, and may change instructors when necessary.			
5:30-6:25 pm	Spin	Tim	Studio 1				
5:30-6:15pm	Power Yoga	Amy	Studio 2				
6:30-7:15pm	Cardio Blitz	Andrea	Studio 2				
7:20-7:50pm	Triple A-Amp'd	Andrea	Studio 1				
7:15-8:15 pm	Zumba**	Kelli	Studio 2				
WEDNESDAY				SATURDAY			
Time	Class	Instructor	Location	Time	Class	Instructor	Location
6:30-7:30 am	Get Started	Anne	Studio 2	7:10-7:55am	Yoga Mix	Lisa/Jim	Studio 2
9:15-10:00am	Tabata-"Demo"	Samantha	Studio 1	8:00-8:50am	BollyX	LaTanya	Studio 2
10:00-10:45am	Zumba Gold	Kelli	Studio 2	8:00-8:45 am	Spin	Lisa/Jim	Studio 1
11:15-12:15pm	SS Yoga	Lisa	Studio 2	9:00-10:00 am	Body Pump	Atije	Studio 2
6:00-7:00pm	Yoga	Diana	Studio 1	10:15-11:00am	Zumba**	Kelli	Studio 2
6:30-7:30pm	Zumba Toning	Jacquie	Studio 2	11:00-11:30am	BollyX**	LaTanya	Studio 2
7:30-8:00pm	MixedFit	Jacquie	Studio 2	11:40-12:10pm	PoundFit	LaTanya	Studio 2
				SUNDAY			
				Time	Class	Instructor	Location
				8:30-9:00am	X-Press	Atije	Studio 1
				8:30-9:30am	Vinyasa Yoga	Amy	Studio 2
				10:00-11:00am	Yin Yoga	Megan	Studio 2

\*\*Family classes, children welcome to participate with a parent. Members only!