



HEALTHY LIVING

Group Exercise Schedule

Summer June 4th through August 12th, 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
6:30-7:30 pm	BodyPump/HITT	Atije	Studio 2	10:25-11:05am	SS Classic	Kelli	Studio 2
7:00-8:00 pm	Yoga	Diana	Studio 1	5:30-6:15pm	Spin	Tim	Studio 1
				6:00-7:00pm	BodyPump/HITT	Jamie	Studio 2
				6:30-7:15pm	Kick Fusion	Dave	Studio 1
				7:15-8:15pm	Zumba**	Kelli	Studio 2
				7:20-7:50pm	Core N More	Dave	Studio 1
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	Body Blast	Lisa	Studio 1	6:30-7:30pm	Zumba**	Caryn	Studio 2
10:25-11:05 am	SS Classic	Kelli	Studio 2	**Family classes, children welcome to participate with a parent. Members only!			
5:30-6:25 pm	Spin	Tim	Studio 1				
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				
				SATURDAY			
Time	Class	Instructor	Location	Time	Class	Instructor	Location
				7:10-7:55am	Yoga Mix	Lisa/Jim	Studio 2
6:30-7:30 am	Get Started	Anne	Studio 2	8:00-8:50am	BollyX	LaTanya	Studio 2
9:00-10:00am	Zumba	Nazhah	Studio 2	8:00-8:45 am	Spin	Lisa/Jim	Studio 1
9:15-10:00am	Spin	Erica	Studio 1	9:00-10:00 am	Body Pump	Atije	Studio 2
10:15-10:45am	Body Blast	Erica	Studio 1	9:30-10:30am	Turbo Kick	Erica	Studio 1
10:00-10:45am	Zumba Gold	Kelli	Studio 2	10:45-11:30am	Step & Strength	Erica	Studio 1
11:15-12:15pm	SS Yoga	Lisa	Studio 2	10:15-11:00am	Zumba**	Kelli	Studio 2
6:00-7:00pm	Yoga	Megan	Studio 1	11:00-11:50am	BollyX**	LaTanya	Studio 2
6:30-7:30pm	Zumba Toning	Jacque	Studio 2	SUNDAY			
<p>* 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.</p>				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