HEALTHY LIVING

Group Exercise Schedule

Winter 2: February 19 through April 15, 2017

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

Time	Class	Instructor	Location
6:30-7:30 am	Get Started	Anne	Studio 2
9:15-10:00am	Kick Fusion	Andrea	Studio 2
10:00-10:30am	Core N More	Andrea	Studio 1
10:00-10:45am	Zumba Gold	Kelli	Studio 2
11:15-12:15pm	SS Yoga	Lisa	Studio 2
5:00-5:50pm	Step & Strength	Erica	Studio 1
5:30-6:15pm	Zumba	Caryn	Studio 2
6:00-6:45 pm	Spin	Jim/Tom	Studio 1
6:30-7:30 pm	BodyPump/HITT	Atije	Studio 2
7:00-8:00 pm	Yoga	Diana	Studio 1

TUESDAY

Time	Class	Instructor	Location
7:30-8:00am	Morning Madness	Kathy	Studio 2
8:15-8:45am	Tai Chi	Kathy	Studio 2
9:15-10:00 am	Spin	Lisa	Studio 1
9:30-10:15 am	SS Circuit	Kelli	Studio 2
10:15-10:45am	Body Blast	Lisa	Studio 1
10:25-11:05 am	SS Classic	Kelli	Studio 2
5:30-6:15pm	Yogalates	Amanda B.	Studio 2
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

WEDNESDAY

Time	Class	Instructor	Location
6:30-7:30 am	Get Started	Anne	Studio 2
8:30-9:30am	Yoga	Julie	Studio 1
9:00-10:00am	Zumba	Nazhah	Studio 2
10:00-10:45am	Zumba Gold	Kelli	Studio 2
10:00-10:30am	Body Blast	Erica	Studio 1
11:15-12:15pm	SS Yoga	Lisa	Studio 2
6:00-7:00pm	Yoga	Eileen	Studio 1
6:30-7:30pm	Zumba Toning	Jacquie	Studio 2

THURSDAY

Time	Class	Instructor	Location
7:30-8:00am	Morning Madness	Kathy	Studio 2
8:15-8:45am	Tai Chi	Kathy	Studio 2
9:15-10:00 am	Spin	Colette	Studio 1
9:30-10:15 am	SS Circuit	Kelli	Studio 2
10:10-10:55am	Body Blast	Colette	Studio 1
10:25-11:05am	SS Classic	Kelli	Studio 2
5:30-6:15pm	Yogalates	Amanda B.	Studio 2
5:30-6:15pm	Spin	Tim	Studio 1
6:25-7:30pm	BodyPump	Tim/Atije	Studio 2
6:30-7:15pm	Turbo Kick	Erica	Studio 1
7:20-7:50pm	Core N More	Erica	Studio 1
7:30-8:30pm	Zumba	Kelli	Studio 2

FRIDAY

Time	Class	Instructor	Location
6:30-7:30 am	Get Started	Anne	Studio 2
9:15-10:00am	Cardio Blitz	Andrea	Studio 2
10:00-10:30am	Core N More	Andrea	Studio 1
10:00-10:45am	Zumba Gold	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.

SATURDAY

Time	Class	Instructor	Location
7:10-7:55am	Yoga Mix	Lisa/Jim	Studio 2
8:00-8:45am	BollyX	LaTanya/Dani	Studio 2
8:00-8:45 am	Spin	Lisa/Jim	Studio 1
9:00-10:00 am	Body Pump	Atije	Studio 2
10:15-11:00am	Zumba	Kelli	Studio 2
11:00-11:45am	BollyX	LaTanya/Dani	Studio 2
11:45-12:45pm	Turbo Kick	Erica	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
11:15-12:15pm	Zumba	Nazhah	Studio 2