



# GROUP EXERCISE

The mission of the YMCA is to put Christian values into practice through programs that build healthy spirit, mind and body for all. Income based membership and financial assistance is available.

**NEW TO GROUP EX? TRY A CLASS WITH A Y LOGO!** New classes shaded

SEPT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	<b>GET UP!</b> Shane--B	<b>Vinyasa Flow</b> Jennifer---Z	<b>Bench Blast</b> Lourdes---B	<b>Indoor Cycling</b> Helen/Michelle---S		
		<b>High NRG Cycle!</b> James---S				
9:00AM						<b>Ride, Run &amp; Lift--Teresa--S</b>
10:00AM						<b>Fitness Yoga</b> Teresa-Z
10:30AM		<b>Senior Explosion</b> 4th floor		<b>Senior Explosion</b> 4th floor		<b>Tone N Sculpt</b> Lynn--B
11:30AM	<b>Balance &amp; Beyond</b> Shane---B	<b>Step N Sculpt</b> Denise---B	<b>Abs/Thighs&amp;Bun</b> Shane---A	<b>Cardio Blast!</b> Denise---B		<b>Mom&amp;MeZUMBA</b> Denise---B
11:45AM		<b>JAM ZONE</b> Claudette---A				
12:00PM	<b>Cardio Fusion</b> Angela---B	<b>Pilates</b> Jeremy---Z	<b>Strength PUMP!</b> Kristy---A	<b>Pilates</b> Jeremy---Z	<b>Pi-BOX</b> Jeremy---Z	
	<b>Casual Cruisers</b> Deb---S	<b>Indoor Cycling</b> Michelle---S	<b>High NRG Cycle</b> James---S	<b>Bike Blast</b> Carey.H	<b>Spinnervals</b> Deb---S	
	<b>PUMP IT UP!</b> Dimitrius				<b>Zumba</b> Sharon-B	
	<b>Power Yoga</b> Kris---Z		<b>Fitness Yoga</b> Kris---Z	<b>Strictly Strength</b> Shelley-A Starts		
12:15PM		<b>Cardio Kick &amp; Box</b> Kelly---B	<b>Boxercise</b> Jeremy---B	<b>JAM ZONE</b> Claudette---B		
12:45PM	<b>Core Time</b> Shane---B		<b>Core Time</b> Shane---A	<b>Core Time</b> Carey.H---A		
2:00pm						<b>TEXAS SWING OUT!!</b> Rod--B
5:30PM	<b>Express Kick</b> Kelly.M---A (25min)	<b>Indoor Cycling</b> Teresa--S		<b>Rhythm&amp;Box</b> Angela---B		
	<b>Indoor Cycling</b> Kimberly-S	<b>Cardio Kickboxing</b> Angela---A				
6:00PM	<b>Bodysculpt!</b> Kelly.M---A	<b>ZUMBA</b> Lorelei--B	<b>Bodysculpt!</b> Kelly.M---B	<b>Tai Chi</b> Ashley-Z		
	<b>Personal fitness Program--3rd flr</b>	<b>Ashtanga Yoga</b> Priya---Z		<b>Kid Fit Class</b> Robbie- Gym		
6:15PM	<b>Fitness Yoga</b> Teresa---Z		<b>Power Flow Yoga</b> Kristie---Z	<b>ZUMBA</b> Lorelei--B		
	<b>Nia DANCE</b> Jule---B	<b>Core Time</b> Angela---A	<b>Indoor Cycling</b> Shelley--S	<b>Nutrition Fitness Program--Angela(Rm A)</b>		
6:45PM				<b>Ashtanga Yoga</b> Jennifer-Z		
7:00PM		<b>DANCE GROOVE!</b> Lorelei--B	<b>BALL-OGITIES</b> Lynn---A			
7:15PM	<b>HOOP DANCE!</b> Blythe---Z	<b>Learn to Yoga</b> (15min)				

A=Next to spin    B=Rm in middle of track    C= Rm next to Men's LockerRoom    Z=Urban Zen    S=Spin Rm