

Jamerson Family YMCA
GROUP FITNESS SCHEDULE
August/September 2010

| Class Time | ◀Monday 08.30▶ | | ◀Tuesday 08.31▶ | | ◀Wednesday 09.01▶ | | ◀Thursday 09.02▶ | | ◀Friday 09.03▶ | | ◀Saturday 09.04▶ | | ◀Sunday 09.05▶ | |
|-------------------|---|--|--|--|--|--|--|---|--------------------------------|---|---|------------------------------------|-------------------------------------|--------------|
| | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose |
| 6:00am – 7:00am | | 6:00 – 6:45 *Cycle DONA E. | 5:45 – 6:45 Simply Ballistic DONA E. | | | *Cycle JOEL | 5:45 – 6:45 Iron Grip DIANNE | | 20-20-20 JOEL | | | | | |
| 8:00am – 9:00am | | | | 8:00 – 9:15 AM Yoga JOE | | 8:00 – 9:15 AM Yoga CATHY | | 8:00 – 9:15 AM Yoga WILEY | | | 8:00 – 8:40 Stott Pilates TERESA | 8:30 – 9:45 Power Yoga LEESA | | |
| 8:30am – 9:30am | Cardio Box COREY | 9:00 – 9:30 AB-solutely Core ANNE | Muscle ERICA | | 9:00 – 9:30 AB-solutely Core MARY LYNN | | Muscle MARY LYNN | | Cross Training ANNE | 9:00 – 9:30 AB-solutely Core JILL | 9:00 – 10:00 Step MARY LYNN | 9:00 – 10:15 *Cycle KELLY W. | | |
| 9:30am – 10:30am | Cross Training ANGIE | *Cycle ANNE | Iron Grip Muscle ANNE | Flexible Strength ANGIE | Multi Step MARY LYNN | *Cycle DONNA D. | Flexible Strength MARY LYNN | | Iron Grip Cardio JILL | *Cycle STACEY | 10:00 – 11:00 Flexible Strength MARY LYNN | | 2:00 – 3:00 ZUMBA JESSICA | |
| 10:30am – 11:30am | Cross Training Lite ANGIE | 10:00 – 10:30 ZUMBA EXPRESS LEEANNE | 10:45 – 11:45 Gentle Yoga LEESA | | ZUMBA LEEANNE | 20-20-20 Lite ART B. | 10:45 -11:45 Active Plus Muscle MARY | | Cross Training Lite MABLE | 10:45 – 11:45 Gentle Yoga MARINDA | 11:00- Noon ZUMBA JESSICA | | 3:00 – 4:00 ZUMBA LEEANNE | |
| 12:00pm – 1:00pm | Advanced Cross Training DONNA D. | 12:00 – 1:15 Power Yoga JULIE S. | Stott Pilates JULIE | 12:00 – 12:45 * Cycle DONA E. | Step ERICA | 12:00 – 1:15 Power Yoga MARINDA | Stott Pilates JULIE | 12:00 – 12:45 * Cycle JOHNNA | Cross Training ANNE | 12:00 – 1:15 Power Yoga MARINDA | | | 4:00 – 5:15 Sunday YOGA LEESA | |
| 1:00pm – 1:45pm | Chair Exercise MARY | | | | Chair Exercise TRACEY | | | | Chair Exercise ERICA | | | | | |
| 4:30pm – 5:30pm | 4:30 – 5:30 Cross Training SAMANTHA | | 4:30 – 5:00 * Cycle Express STACEY | | 4:30 – 5:30 Cardio Pump SAMANTHA | | 4:30 – 5:30 ZUMBA JESSICA | | 4:30 – 5:30 ZUMBA DIANNE | | | | | |
| 5:00pm – 5:30pm | | 5:00 – 5:55 Flexible Strength AMANDA | 5:00 – 5:40 Flexible Strength Christine C. | 5:30 – 6:15 * Cycle Express STACEY | | 5:00 – 5:45 Flexible Strength DENISE | | 5:30 – 6:15 * Cycle Express TERRY | | | | | | |
| 5:45pm – 6:45pm | Step TRACI | *Cycle MIKE G. | Iron Grip Muscle DENISE | | Cardio-Step Interval TERESA P | *Cycle DENISE | Iron Grip Muscle TRACEY | | Cardio Step JENNIFER | 5:30 – 7:30 •Kempo Karate | | | | |
| 6:45pm- 7:00pm | Abs/Back TRACI | | 6:45 – 7:00 Stretch DENISE | 5:45 – 7:00 Power Yoga LEESA | Abs/Back TERESA P | 5:45 – 6:45 Y-WALK TRACI | 6:45 – 7:00 Stretch TRACEY | 5:45 – 7:00 Power Yoga MARINDA | | | | | | |
| 7:00pm- 8:00pm | Cardio Box LISA B. | 6:00 – 9:00 •Kempo Karate | Cross Training MABLE | 7:00 – 7:45 *Cycle HEATH | Step Interval JENNIFER | 6:00 – 9:00 •Kempo Karate | | 7:00 – 7:45 *Cycle JEN B. | | | | | | |
| 8:00pm – 9:00pm | | | ZUMBA JESSICA | 7:00 – 9:00 •Dancing (front desk) | Stott Pilates Christine C. | | ZUMBA JESSICA | | | | | | | |

KEY

*Indicates space is limited. Please sign up at the service desk. Sign-up will begin 1 Day prior to class. Walk-ins are welcome, but signing up will reserve your bike, but you must be present at class start time or your space will be forfeited.

Cycle Classes are held in the Ncycling studio (across from the gym)

- Fee Based Class – Please contact front desk for details and sign-up

Group Fitness Coordinator: Paula Dahl: 582 -1900 Ext. 221

CHECK POSTED SCHEDULE FOR SCHEDULE CHANGES.

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Jamerson Family YMCA
GROUP FITNESS SCHEDULE
September 2010

| Class Time | ◀Monday 09.06▶ | | ◀Tuesday 09.07▶ | | ◀Wednesday 09.08▶ | | ◀Thursday 09.09▶ | | ◀Friday 09.10▶ | | ◀Saturday 09.11▶ | | ◀Sunday 09.12▶ | |
|-------------------|--|---|--|--|---|---|---|--|------------------------------------|--|--|------------------------------------|--|--------------|
| | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose |
| 6:00am – 7:00am | | | 5:45 – 6:45 Simply Ballistic DONA E. | | | *Cycle JOEL | 5:45 – 6:45 Iron Grip DIANNE | | T.G.I.F. DONA E. | | | | | |
| 8:00am – 9:00am | | | | 8:00 – 9:15 AM Yoga MARINDA | | 8:00 – 9:15 AM Yoga CATHY | | 8:00 – 9:15 AM Yoga CATHY | | | 8:00 – 8:40 Stott Pilates TERESA | 8:30 – 9:45 Power Yoga LEESA | | |
| 8:30am – 9:30am | | | Muscle ERICA | | 9:00 – 9:30 AB-solutely Core JULIA | | Muscle MARY LYNN | | Cross Training JULIA | 9:00 – 9:30 AB-solutely Core JILL | 9:00 – 10:00 Step MARY LYNN | 9:00 – 10:15 *Cycle DENISE | | |
| 9:30am – 10:30am | Labor Day Step Jam JULIA & JENNIFER | | Iron Grip Muscle ANNE | Flexible Strength SHERRI ANN | Multi Step JULIA | *Cycle DONNA D. | Flexible Strength MARY LYNN | | Iron Grip Cardio JILL | *Cycle STACEY | 10:00 – 11:00 Flexible Strength MARY LYNN | | 2:00 – 3:00 ZUMBA DIANNE | |
| 10:30am – 11:30am | | 10:30 – 11:45 Power Yoga MARINDA | 10:45 – 11:45 Gentle Yoga LEESA | | ZUMBA LEEANNE | 20-20-20 Lite ART B. | 10:45 – 11:45 Active Plus Muscle MARY | | Cross Training Lite MABLE | 10:45 – 11:45 Gentle Yoga CHRISTINE E | 11:00- Noon ZUMBA JESSICA | | 3:00 – 4:00 ZUMBA MICHELLE | |
| 12:00pm – 1:00pm | | | Stott Pilates JULIE | 12:00 – 12:45 * Cycle DONA E. | Step ERICA | 12:00 – 1:15 Power Yoga Christine E. | Stott Pilates JULIE | 12:00 – 12:45 * Cycle JOHNNA | Cross Training ANNE | 12:00 – 1:15 Power Yoga CHRISTINE E | | | 4:00 – 5:15 Sunday YOGA MARINDA | |
| 1:00pm – 1:45pm | L A B D A Y | M O N D A Y | | | Chair Exercise ERICA | | | | Chair Exercise PAULA | | | | | |
| 4:30pm – 5:30pm | L A B D A Y | M O N D A Y | 4:30 – 5:00 * Cycle Express JULIA | | 4:30 – 5:30 Cardio Pump SAMANTHA | | 4:30 – 5:30 ZUMBA MICHELLE | | 4:30 – 5:30 ZUMBA DIANNE | | | | | |
| 5:00pm – 5:30pm | L A B D A Y | M O N D A Y | 5:00 – 5:40 Flexible Strength JULIA | 5:30 – 6:15 * Cycle Express JOHN P. | | 5:00 – 5:55 Flexible Strength JULIA | | 5:30 – 6:15 * Cycle Express TERRY | | | | | | |
| 5:45pm – 6:45pm | | | Iron Grip Muscle TRACI | | Cardio-Step Interval MABLE | *Cycle LISA B. | Iron Grip Muscle TRACEY | | Cardio Step JENNIFER | 5:30 – 7:30 •Kempo Karate | | | | |
| 6:45pm – 7:00pm | | | 6:45 – 7:00 Stretch TRACI | 5:45 – 7:00 Power Yoga LEESA | Abs/Back MABLE | 5:45 – 6:45 Y-WALK TRACI | 6:45 – 7:00 Stretch TRACEY | 5:45 – 7:00 Power Yoga Christine E. | | | | | | |
| 7:00pm – 8:00pm | | | Cross Training MABLE | 7:00 – 7:45 *Cycle HEATH | Step Interval JENNIFER | 6:00 – 9:00 •Kempo Karate | 7:00 – 8:00 Stott Pilates TERESA | 7:00 – 7:45 *Cycle ELLERY | | | | | | |
| 8:00pm – 9:00pm | | | ZUMBA JESSICA | 7:00 – 9:00 •Dancing (front desk) | Boot Camp Dhomonique | | ZUMBA JESSICA | | | | | | | |

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*Indicates space is limited. Please sign up at the service desk. Sign-up will begin 1 Day prior to class. Walk-ins are welcome, but signing up will reserve your bike, but you must be present at class start time or your space will be forfeited.

Cycle Classes are held in the Ncycling studio (across from the gym)

- Fee Based Class – Please contact front desk for details and sign-up
- Balance in Motion -- Sep 14th – Nov 4th – Tues & Thurs 10:45 – 11:30AM
\$20 Members, \$40 non-members

Group Fitness Coordinator: Paula Dahl: 582 -1900 Ext. 221

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September 2010

| Class Time | ◀Monday 09.13▶ | | ◀Tuesday 09.14▶ | | ◀Wednesday 09.15▶ | | ◀Thursday 09.16▶ | | ◀Friday 09.17▶ | | ◀Saturday 09.18▶ | | ◀Sunday 09.19▶ | |
|-------------------|---|--|--|--|--|--|---|--|--------------------------------|---|---|--------------------------------------|-------------------------------------|--------------|
| | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose |
| 6:00am – 7:00am | | 6:00 – 6:45 *Cycle DONA E. | 5:45 – 6:45 Simply Ballistic DONA E. | | | *Cycle JOEL | 5:45 – 6:45 Iron Grip DIANNE | | T.G.I.F. DONA E. | | | | | |
| 8:00am – 9:00am | | | | 8:00 – 9:15 AM Yoga JOE | | 8:00 – 9:15 AM Yoga CATHY | | 8:00 – 9:15 AM Yoga CATHY | | | 8:00 – 8:40 Stott Pilates JULIE P. | 8:30 – 9:45 Power Yoga MARINDA | | |
| 8:30am – 9:30am | Cardio Box COREY | 9:00 – 9:30 AB-solutely Core PAULA | Muscle ERICA | | 9:00 – 9:30 AB-solutely Core MARY LYNN | | Muscle MARY LYNN | | Cross Training JULIA | 9:00 – 9:30 AB-solutely Core JILL | 9:00 – 10:00 Step JULIA | 9:00 – 10:15 *Cycle KELLY W. | | |
| 9:30am – 10:30am | Cross Training ANGIE | *Cycle PAULA | Iron Grip Muscle ANNE | Flexible Strength SHERRI ANN | Multi Step MARY LYNN | *Cycle DONNA D. | Flexible Strength MARY LYNN | | Iron Grip Cardio JILL | *Cycle STACEY | 10:00 – 11:00 Flexible Strength JULIA | | 2:00 – 3:00 ZUMBA KELLY G. | |
| 10:30am – 11:30am | Cross Training Lite ANGIE | 10:00 – 10:30 ZUMBA EXPRESS LEEANNE | 10:45 – 11:45 Gentle Yoga LEESA | 10:45 – 11:30 ●Balance in Motion ANGIE | ZUMBA LEEANNE | 20-20-20 Lite ART B. | 10:45 – 11:45 Active Plus Muscle MARY | 10:45 – 11:30 ●Balance in Motion ANGIE | Cross Training Lite MABLE | 10:45 – 11:45 Gentle Yoga CHRISTINE E | 11:00- Noon ZUMBA JESSICA | | 3:00 – 4:00 ZUMBA KRISTEN | |
| 12:00pm – 1:00pm | Advanced Cross Training DONNA D. | 12:00 – 1:15 Power Yoga JULIE S. | Stott Pilates JULIE | 12:00 – 12:45 * Cycle DONA E. | Step ERICA | 12:00 – 1:15 Power Yoga Christine E. | Stott Pilates JULIE | 12:00 – 12:45 * Cycle JOHNNA | Cross Training ANGIE | 12:00 – 1:15 Power Yoga CHRISTINE E | | | 4:00 – 5:15 Sunday YOGA LEESA | |
| 1:00pm – 1:45pm | Chair Exercise MARY | | | | Chair Exercise MARINDA | | | | Chair Exercise ANGIE | | | | | |
| 4:30pm – 5:30pm | 4:30 – 5:30 Cross Training SAMANTHA | | 4:30 – 5:00 * Cycle Express JULIA | | 4:30 – 5:30 Cardio Pump SAMANTHA | | 4:30 – 5:30 ZUMBA KRISTEN | | 4:30 – 5:30 ZUMBA DIANNE | | | | | |
| 5:00pm – 5:30pm | | 5:00 – 5:55 Flexible Strength Christine C. | 5:00 – 5:40 Flexible Strength JULIA | 5:30 – 6:15 * Cycle Express JOHN P. | | 5:00 – 5:55 Flexible Strength JULIA | | 5:30 – 6:15 * Cycle Express TERRY | | | | | | |
| 5:45pm – 6:45pm | Step TRACI | *Cycle MIKE G. | Iron Grip Muscle LISA B. | | Cardio-Step Interval TERESA P. | *Cycle DENISE | Iron Grip Muscle TRACEY | | Cardio Step JENNIFER | 5:30 – 7:30 ●Kempo Karate | | | | |
| 6:45pm- 7:00pm | Abs/Back TRACI | | 6:45 – 7:00 Stretch LISA B. | 5:45 – 7:00 Power Yoga LEESA | Abs/Back TERESA P. | 5:45 – 6:45 Y-WALK TRACI | 6:45 – 7:00 Stretch TRACEY | 5:45 – 7:00 Power Yoga Christine E. | | | | | | |
| 7:00pm- 8:00pm | Cardio Box LISA B. | 6:00 – 9:00 ●Kempo Karate | Cross Training MABLE | 7:00 – 7:45 *Cycle HEATH | Step Interval TERESA P. | 6:00 – 9:00 ●Kempo Karate | 7:00 – 8:00 Stott Pilates TERESA | 7:00 – 7:45 *Cycle JEN B. | | | | | | |
| 8:00pm – 9:00pm | | | ZUMBA JESSICA | 7:00 – 9:00 ●Dancing (front desk) | Boot Camp Dhomonique | | ZUMBA JESSICA | | | | | | | |

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September 2010

| Class Time | ◀Monday 09.20▶ | | ◀Tuesday 09.21▶ | | ◀Wednesday 09.22▶ | | ◀Thursday 09.23▶ | | ◀Friday 09.24▶ | | ◀Saturday 09.25▶ | | ◀Sunday 09.26▶ | |
|-------------------|---|--|--|--|--|--|---|--|--------------------------------|---|--|------------------------------------|---------------------------------------|--------------|
| | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose | Studio | Multipurpose |
| 6:00am – 7:00am | | 6:00 – 6:45 *Cycle DONA E. | 5:45 – 6:45 Simply Ballistic DONA E. | | | *Cycle JOEL | 5:45 – 6:45 Iron Grip DIANNE | | Yogalattes DIANNE | | | | | |
| 8:00am – 9:00am | | | | 8:00 – 9:15 AM Yoga WILEY | | 8:00 – 9:15 AM Yoga CATHY | | 8:00 – 9:15 AM Yoga WILEY | | | 8:00 – 8:40 Stott Pilates TERESA | 8:30 – 9:45 Power Yoga LEESA | | |
| 8:30am – 9:30am | Cardio Box COREY | 9:00 – 9:30 AB-solutely Core PAULA | Muscle ERICA | | 9:00 – 9:30 AB-solutely Core MARY LYNN | | Muscle MARY LYNN | | Cross Training JULIA | 9:00 – 9:30 AB-solutely Core JILL | 9:00 – 10:00 Step VICKY | 9:00 – 10:15 *Cycle JOHN P. | | |
| 9:30am – 10:30am | Cross Training ANGIE | *Cycle PAULA | Iron Grip Muscle ANNE | Flexible Strength SHERRI ANN | Multi Step MARY LYNN | *Cycle DONNA D. | Flexible Strength MARY LYNN | | Iron Grip Cardio JILL | *Cycle STACEY | 10:00 – 11:00 Flexible Strength Christine C. | | 2:00 – 3:00 ZUMBA DIANNE | |
| 10:30am – 11:30am | Cross Training Lite ANGIE | 10:00 – 10:30 ZUMBA EXPRESS LEEANNE | 10:45 – 11:45 Gentle Yoga LEESA | 10:45 – 11:30 ●Balance in Motion ANGIE | ZUMBA LEEANNE | 20-20-20 Lite ART B. | 10:45 – 11:45 Active Plus Muscle MARY | 10:45 – 11:30 ●Balance in Motion ANGIE | Cross Training Lite MABLE | 10:45 – 11:45 Gentle Yoga CHRISTINE E | 11:00- Noon ZUMBA JEN K. | | 3:00 – 4:00 ZUMBA GWEN | |
| 12:00pm – 1:00pm | Advanced Cross Training DONNA D. | 12:00 – 1:15 Power Yoga JULIE S. | Stott Pilates JULIE | 12:00 – 12:45 * Cycle DONA E. | Step ERICA | 12:00 – 1:15 Power Yoga Christine E. | Stott Pilates JULIE | 12:00 – 12:45 * Cycle JOHNNA | Cross Training MABLE | 12:00 – 1:15 Power Yoga CHRISTINE E | | | 4:00 – 5:15 Sunday YOGA MARINDA | |
| 1:00pm – 1:45pm | Chair Exercise PAULA | | | | Chair Exercise ERICA | | | | Chair Exercise MARY | | | | | |
| 4:30pm – 5:30pm | 4:30 – 5:30 Cross Training SAMANTHA | | 4:30 – 5:00 * Cycle Express JULIA | | 4:30 – 5:30 Cardio Pump SAMANTHA | | 4:30 – 5:30 ZUMBA JESSICA | | 4:30 – 5:30 ZUMBA DIANNE | | | | | |
| 5:00pm – 5:30pm | | 5:00 – 5:55 Flexible Strength AMANDA W | 5:00 – 5:40 Flexible Strength JULIA | 5:30 – 6:15 * Cycle Express JOHN P. | | 5:00 – 5:55 Flexible Strength JULIA | | 5:30 – 6:15 * Cycle Express TERRY | | | | | | |
| 5:45pm – 6:45pm | Step TRACI | *Cycle DENISE | Iron Grip Muscle TRACI | | Cardio-Step Interval MABLE | *Cycle LISA B. | Iron Grip Muscle TRACEY | | Cardio Step JENNIFER | 5:30 – 7:30 ●Kempo Karate | | | | |
| 6:45pm- 7:00pm | Abs/Back TRACI | | 6:45 – 7:00 Stretch TRACI | 5:45 – 7:00 Power Yoga LEESA | Abs/Back MABLE | 5:45 – 6:45 Y-WALK TRACI | 6:45 – 7:00 Stretch TRACEY | 5:45 – 7:00 Power Yoga Christine E. | | | | | | |
| 7:00pm- 8:00pm | Cardio Box LISA B. | 6:00 – 9:00 ●Kempo Karate | Cross Training MABLE | 7:00 – 7:45 *Cycle HEATH | Step Interval JENNIFER | 6:00 – 9:00 ●Kempo Karate | 7:00 – 8:00 Stott Pilates TERESA | 7:00 – 7:45 *Cycle ELLERY | | | | | | |
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September 2010

| Class Time | ◀Monday 09.27▶ | | ◀Tuesday 09.28▶ | | ◀Wednesday 09.29▶ | | ◀Thursday 09.30▶ | | ◀Friday 10.01▶ | | ◀Saturday 10.02▶ | | ◀Sunday 10.03▶ | |
|-------------------|---|--|--|--|--|--|--|--|--------------------------------|---|--|------------------------------------|-------------------------------------|--------------|
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| 9:30am – 10:30am | Cross Training ANGIE | *Cycle PAULA | Iron Grip Muscle ANNE | Flexible Strength SHERRI ANN | Multi Step MARY LYNN | *Cycle DONNA D. | Flexible Strength MARY LYNN | | Iron Grip Cardio JILL | *Cycle STACEY | 10:00 – 11:00 Flexible Strength ANNE | | 2:00 – 3:00 ZUMBA JESSICA | |
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| 1:00pm – 1:45pm | Chair Exercise MARY | | | | Chair Exercise MARINDA | | | | Chair Exercise PAULA | | | | | |
| 4:30pm – 5:30pm | 4:30 – 5:30 Cross Training SAMANTHA | | 4:30 – 5:00 * Cycle Express JULIA | | 4:30 – 5:30 Cardio Pump SAMANTHA | | 4:30 – 5:30 ZUMBA JESSICA | | 4:30 – 5:30 ZUMBA DIANNE | | | | | |
| 5:00pm – 5:30pm | | 5:00 – 5:55 Flexible Strength Christine C. | 5:00 – 5:40 Flexible Strength JULIA | 5:30 – 6:15 * Cycle Express JOHN P. | | 5:00 – 5:55 Flexible Strength JULIA | | 5:30 – 6:15 * Cycle Express TERRY | | | | | | |
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| 6:45pm – 7:00pm | Abs/Back TRACI | | 6:45 – 7:00 Stretch LISA B. | 5:45 – 7:00 Power Yoga LEESA | Abs/Back TERESA P. | 5:45 – 6:45 Y-WALK TRACI | 6:45 – 7:00 Stretch TRACEY | 5:45 – 7:00 Power Yoga Christine E. | | | | | | |
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Cycle Classes are held in the Ncycling studio (across from the gym)

- Fee Based Class – Please contact front desk for details and sign-up
- Balance in Motion -- Sep 14th – Nov 4th – Tues & Thurs 10:45 – 11:30AM
\$20 Members, \$40 non-members

Group Fitness Coordinator: Paula Dahl: 582 -1900 Ext. 221

CHECK POSTED SCHEDULE FOR SCHEDULE CHANGES.

ALL GROUP FITNESS CLASSES ARE FREE WITH YOUR YMCA MEMBERSHIP! (except those annotated with a “●”)

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