

# Downtown YMCA GROUP FITNESS SCHEDULE

**September/ October 2010 Subject to change...**

Class Time	◀Monday 9.06▶		◀Tuesday 9.07▶		◀Wednesday 9.08▶		◀Thursday 9.9▶		◀Friday 9.10▶		◀Saturday 9.11▶		◀Sunday 9.12▶	
	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym
6:00am – 7:00am			*Cycle 6:00-6:45 Wendy				*Cycle 6:00-6:45 John P.		Power Yoga Dianne					
8:30am – 9:30am	Crosstraining Amanda		Flexible Strength MaryLynn	Muscle Tracey		Combo Cardio Anne		Muscle Anne		Flexible Strength Tracey		●TaeKwon Do 8:15-9:00		
9:00am – 9:30am											*Cycle Challenge 9:00-10:15 Kelly			
9:30am – 10:30am			Cycle Amy	<b>Y-Xtreme Muscle Amanda</b>	Pilates Mix Amanda	<b>Y- Xtreme Cardio Amy</b>	*Cycle Ellen	<b>Y-Xtreme Muscle Anne</b>	<b>Y- Xtreme Cycle Core(30) Andrea</b>	ZUMBA 10-11am Kristen C.	<b>Y- Xtreme Yoga Christine</b>			
10:30pm – 11:30pm			ABSolutely Corextreme 10:30-10:45 Jen		Pure Stretch Deneen		ABSolutely Corextreme 10:30-10:45 Anne		Pure Stretch Angie					
12:00pm – 12:30pm				Fit Mix Jen	<b>Zumba express 11:30-12 Kristen C</b>	Fit Mix Sondra		Fit Mix Andrea		Fit Mix Sondra				
4:30pm – 5:30pm				Muscle Andrea	Flexible Strength Kelly	<b>Zumba Challenge 5pm Dianne</b>		Muscle Kelly						
5:30pm – 6:30pm			*Cycle Teresa	ZUMBA Jessica		ZUMBA Dianne	*Cycle Teresa	<b>Y-Xtreme Muscle Sondra</b>						
5:30pm – 6:30pm			Hatha Yoga 6:00-7:15 Christine	●TaeKwon Do <b>Y-Xtreme Muscle 6:30-7:30 Terry</b>		<b>Y-Xtreme Cardio (outside) Teresa</b>		●TaeKwon Do						

**KEY**  
**ONLY ONE CLASS FOR LABOR DAY**

*\*Indicates space is limited. Please sign-in at the service desk.  
Sign-in will begin 1 day prior to class.*

**Cycle Classes (shaded classes) are held in the cycling studio (entrance is through the basketball court)**

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

Downtown YMCA: (434) 847.5597  
Group Fitness Coordinator: Stephanie Deasy Ext. 214

**CHECK POSTED SCHEDULE FOR HOLIDAY CLASS SCHEDULE**

**ALL GROUP FITNESS CLASSES ARE FREE WITH YMCA MEMBERSHIP!  
(Except ●TaeKwon Do & other SPECIALTY classes as scheduled)**

# Downtown YMCA GROUP FITNESS SCHEDULE September/ October 2010

Class Time	◀Monday 9.13▶		◀Tuesday 9.14▶		◀Wednesday 9.15▶		◀Thursday 9.16▶		◀Friday 9.17▶		◀Saturday 9.18▶		◀Sunday 9.19▶	
	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym
6:00am – 7:00am		Iron Grip Muscle 6:00-6:45 Terry	*Cycle 6:00-6:45 John P.				*Cycle 6:00-6:45 Wendy		Power Yoga Dianne					
8:30am – 9:30am	Flexible Strength Amanda	Combo Cardio MaryLynn	Flexible Strength MaryLynn	Muscle Tracey		Combo Cardio Anne		Muscle Cheryl		Flexible Strength Tracey		●TaeKwon Do 8:15-9:00		
9:00am – 9:30am											*Cycle Challenge 9:00-10:15 Wendy			
9:30am – 10:30am	Pilates Mix Andrea	Y- Xtreme Cardio Amanda	*Cycle Amy	Y-Xtreme Muscle Amanda	Pilates Mix Ann	Y- Xtreme Cardio Amy	*Cycle Amy	Y-Xtreme Muscle Anne	Y- Xtreme Cycle Core(30) Andrea	ZUMBA 10-11am Kristen C.	Y- Xtreme Yoga Christine			
10:30pm – 11:30pm	Balance Challenge Mary	ZUMBA Gold Kristen C.	ABSolutely CoreExtreme 10:30-10:45 Amy		Pure Stretch Deneen			ABSolutely Corextreme 10:30-10:45 Anne	Pure Stretch Angie					
12:00pm – 12:30pm		Fit Mix Sondra		Fit Mix Jen	Zumba express 11:30-12 Kristen C.	Fit Mix Sondra		Fit Mix Andrea		Fit Mix Sondra				
4:30pm – 5:30pm			Muscle Andrea		Flexible Strength Kelly		Muscle Kelly							
5:30pm – 6:30pm	*Cycle John	Y- Xtreme Cardio Julia	*Cycle Terry	ZUMBA Gwen		ZUMBA Dianne	*Cycle Teresa	Y-Xtreme Muscle Sondra						
5:30pm – 6:30pm	ZUMBA 6:30-7:30 Kristen C.	ABSolutely Core 6:30-7:00 Julia	Hatha Yoga 6:00-7:15 Christine E.	●TaeKwon Do Y-Xtreme Muscle 6:30-7:30 Teresa		Y-Xtreme Cardio (outside) Kelly	●TaeKwon Do							

**KEY**

\*Indicates space is limited. Please sign-in at the service desk. Sign-in will begin 1 day prior to class.

Cycle Classes (shaded classes) are held in the cycling studio (entrance is through the basketball court)

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

Downtown YMCA: (434) 847.5597  
Group Fitness Coordinator: Stephanie Deasy Ext. 214

**CHECK POSTED SCHEDULE FOR HOLIDAY CLASS SCHEDULE**

**ALL GROUP FITNESS CLASSES ARE FREE WITH YMCA MEMBERSHIP!**  
(Except ●TaeKwon Do & other SPECIALTY classes as scheduled)

# Downtown YMCA

## GROUP FITNESS SCHEDULE

### September/ October 2010

Class Time	◀Monday 9.20▶		◀Tuesday 9.21▶		◀Wednesday 9.22▶		◀Thursday 9.23▶		◀Friday 9.24▶		◀Saturday 9.25▶		◀Sunday 9.26▶	
	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym
6:00am – 7:00am		Iron Grip Muscle 6:00-6:45 Andrea	*Cycle 6:00-6:45 Wendy				*Cycle 6:00-6:45 JohnP.		Power Yoga Joe					
8:30am – 9:30am	Flexible Strength Amanda	Combo Cardio MaryLynn	Flexible Strength MaryLynn	Muscle Tracey			Combo Cardio Anne		Muscle Anne		Flexible Strength Tracey		●TaeKwon Do 8:15-9:00	
9:00am – 9:30am											*Cycle Challenge 9:00-10:15 Kelly			
9:30am – 10:30am	Pilates Mix Andrea	Y-Xtreme Cardio Amanda	Cycle Amy	Y-Xtreme Muscle Amanda	Pilates Mix Amanda	Y-Xtreme Cardio Amy	*Cycle Amy	Y-Xtreme Anne	Y-Xtreme Cycle Core(30) Andrea	ZUMBA 10-11 Kristen C.	Y-Xtreme Yoga Christine			
10:30pm – 11:30pm	Balance Challenge Mary	ZUMBA Gold Kristen C.	ABSolutely Corextreme 10:30-10:45 Amy		Pure Stretch Deneen			ABSolutely Corextreme 10:30-10:45 Anne	Pure Stretch Angie					
12:00pm – 12:30pm		Fit Mix Sondra		Fit Mix Jen	Zumba express 11:30-12 Kristen C	Fit Mix Jen		Fit Mix Andrea		Fit Mix Sondra				
4:30pm – 5:30pm			Muscle Andrea		Flexible Strength Kelly	Zumba Challenge 5pm Dianne	Muscle Kelly							
5:30pm – 6:30pm	*Cycle Teresa	Y-Xtreme Cardio Julia	*Cycle Terry	ZUMBA Jessica		ZUMBA Dianne	*Cycle Lisa	Y-Xtreme Muscle Sondra						
5:30pm – 6:30pm	ZUMBA 6:30-7:30 Kristen C.	ABSolutely Core 6:30-7:00 Julia	Hatha Yoga 6:00-7:15 Christine	●TaeKwon Do Y-Xtreme Muscle 6:30-7:30 Terry		Y-Xtreme Cardio (outside) Teresa	●TaeKwon Do							

**KEY**

\*Indicates space is limited. Please sign-in at the service desk. Sign-in will begin 1 day prior to class.

Cycle Classes (shaded classes) are held in the cycling studio (entrance is through the basketball court)

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

Downtown YMCA: (434) 847.5597  
Group Fitness Coordinator: Stephanie Deasy Ext. 214

**CHECK POSTED SCHEDULE FOR HOLIDAY CLASS SCHEDULE**

**ALL GROUP FITNESS CLASSES ARE FREE WITH YMCA MEMBERSHIP!  
(Except ●TaeKwon Do & other SPECIALTY classes as scheduled)**

# Downtown YMCA

## GROUP FITNESS SCHEDULE

### September/ October 2010

Class Time	◀ Monday 9.27 ▶		◀ Tuesday 9.28 ▶		◀ Wednesday 9.29 ▶		◀ Thursday 09.30 ▶		◀ Friday 10.01 ▶		◀ Saturday 10.02 ▶		◀ Sunday 10.3 ▶	
	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym	Multipurpose	Gym
6:00am – 7:00am		Iron Grip Muscle <b>6:00-6:45</b> Terry	*Cycle <b>6:00-6:45</b> Wendy				*Cycle <b>6:00-6:45</b> John P.		Power Yoga Dianne					
8:30am – 9:30am	Flexible Strength Amanda	Combo Cardio MaryLynn	Flexible Strength <b>Deneen</b>	Muscle Andrea		Combo Cardio Anne		Muscle Cheryl		Flexible Strength Tracey		● TaeKwon Do <b>8:15-9:00</b>		
9:00am – 9:30am											*Cycle Challenge <b>9:00-10:15</b> Teresa			
9:30am – 10:30am	Pilates Mix Andrea	<b>Y-Xtreme Cardio</b> Amanda	*Cycle Amy	<b>Y-Xtreme Muscle</b> Amanda	Pilates Mix Ann	<b>Y-Xtreme Cardio</b> Amy	*Cycle Ellen	Y-Xtreme Muscle Anne	<b>Y-Xtreme Cycle Core(30)</b>	ZUMBA <b>10-11am</b> Kristen C.	<b>Y-Xtreme Yoga</b> Christine			
10:30pm – 11:30pm	Balance Challenge Mary	<b>ZUMBA Gold</b> Kristen C.	ABSolutely CoreExtreme <b>10:30-10:45</b> Amy		Pure Stretch Deneen			ABSolutely Corextreme <b>10:30-10:45</b> Anne	Pure Stretch Angie					
12:00pm – 12:30pm		Fit Mix Sondra		Fit Mix Jen	<b>Zumba express</b> <b>11:30-12</b> Kristen C.	Fit Mix Sondra		Fit Mix Andrea		Fit Mix Sondra				
4:30pm – 5:30pm			Muscle Andrea		Flexible Strength Kelly		Muscle Kelly							
5:30pm – 6:30pm	*Cycle John	<b>Y-Xtreme Cardio</b> Jen	*Cycle Terry	ZUMBA Gwen		ZUMBA Dianne	*Cycle Teresa	<b>Y-Xtreme Muscle</b> Sondra						
5:30pm – 6:30pm	ZUMBA <b>6:30-7:30</b> Kristen C.	ABSolutely Core <b>6:30-7:00</b> Jen	Hatha Yoga <b>6:00-7:15</b> Christine E.	● TaeKwon Do <b>Y-Xtreme Muscle</b> <b>6:30-7:30</b> Teresa		<b>Y-Xtreme Cardio (outside)</b> Kelly		● TaeKwon Do						

**KEY**

\*Indicates space is limited. Please sign-in at the service desk. Sign-in will begin 1 day prior to class.

**Cycle Classes (shaded classes) are held in the cycling studio (entrance is through the basketball court)**

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

Downtown YMCA: (434) 847.5597  
Group Fitness Coordinator: Stephanie Deasy Ext. 214

**CHECK POSTED SCHEDULE FOR HOLIDAY CLASS SCHEDULE**

**ALL GROUP FITNESS CLASSES ARE FREE WITH YMCA MEMBERSHIP!**  
(Except ●TaeKwon Do & other SPECIALTY classes as scheduled)

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.  
This page will not be added after purchasing Win2PDF.