

# Group Fitness Schedule

Jamerson Family YMCA

Fall 2010 (starts 9/6/10)

Lobby/Outside	Cycle Studio	MP Room A/B	MP Room C	Studio
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Am</b>	Cycle 6:00-6:45	Simply Ballistic 5:45-6:45	Cycle 6:00-6:45	Iron Grip Muscle 5:45-6:45	T. G. I. F 6:00-7:00		<p>All group fitness classes are <b>FREE</b> with your YMCA Membership (except those annotated with a ✦)</p> <ul style="list-style-type: none"> <li>• Fee Based Class – Please contact front desk for details and sign-up</li> <li>• Balance in Motion (Age 55+) – Tues/Thurs 10:45-11:30 Sept 14 - Nov 4th Cost \$20 Mem \$40 Non-Mem</li> </ul> <p>★ New Class</p> <p><b>REDUCED SCHEDULE</b> Labor Day Mon -- 9/6</p>
<b>Morning Hours</b>	Cardio Box 8:30-9:30	AM Yoga 8:00-9:15	AM Yoga 8:00-9:15	AM Yoga 8:00-9:15		Stott Pilates 8:00-9:00	
		Muscle 8:30-9:30		Muscle 8:30-9:30	Cross Training 8:30-9:30	Power Yoga 8:30-9:45	
	AB-solutely Core 9:00-9:30		AB-solutely Core 9:00-9:30		AB-solutely Core 9:00-9:30	Step 9:00-10:00	
	Cross Training 9:30-10:30	Flexible Strength 9:30-10:30	Multi Step 9:30-10:30	Flexible Strength 9:30-10:30	Iron Grip Cardio 9:30-10:30	Cycle Challenge 9:00-10:15	
	Cycle 9:30-10:30	Iron Grip Muscle 9:30-10:30	Cycle 9:30-10:30	Active Plus Muscle 10:45-11:45	Cycle 9:30-10:30		
	Cross Training Lite 10:30-11:30	Balance in Motion 10:45-11:30 ✦	Zumba Fitness 10:30-11:30	Balance in Motion 10:45-11:30 ✦	Cross Training Lite 10:30-11:30	Flexible Strength 10:00-11:00	
	Zumba Express 10:00 - 10:30	Gentle Yoga 10:45-11:45	20-20-20 Lite 10:30-11:30		Gentle Yoga 10:45-11:45	Zumba Fitness 1100 - 1200	
<b>NOON Hour</b>	Adv. Cross Training 12:00-1:00		Step 12:00-1:00		Cross Training 12:00-1:00		
	Power Yoga 12:00-1:15	Stott Pilates 12:00-1:00	Power Yoga 12:00-1:15	Stott Pilates 12:00-1:00	Power Yoga 12:00-1:15		
<b>Afternoon Hours</b>	Chair Exercise 1:00-1:45		Chair Exercise 1:00-1:45		Chair Exercise 1:00-1:45		
	Cross Training 4:30-5:30	Cycle Express 4:30-5:00	Cardio Pump 4:30-5:30	Zumba Fitness 4:30 - 5:30	Zumba Fitness 4:30 - 5:30		
	Flexible Strength 5:00-5:55	Flexible Strength 5:00-5:40	Flexible Strength 5:00-5:55		Kempo Karate ✦ 5:30-7:30		
	Instructor Choice 5:45-6:45	Cycle Express 5:30-6:15	Y-Walk 5:45 - 6:45	Cycle Express 5:30-6:15			
		Iron Grip Muscle 5:45-6:45	Cycle 5:45-6:45	Iron Grip Muscle 5:45-6:45	Cardio Step 5:45-6:45		
	Cycle 5:45-6:45	Power Yoga 5:45-7:00	Cardio-Step Interval 5:45-6:45	Power Yoga 5:45-7:00			
	Kempo Karate ✦ 6:00-9:00	Stretch 6:45-7:00	Kempo Karate- ✦ 6:00-9:00	Stretch 6:45-7:00			
<b>Evening Hours</b>	Abs/Back 6:45-7:00	Cross Training 7:00-8:00	Abs/Back 6:45-7:00				
	Cardio Box 7:00-8:00	Cycle 7:00-7:45	Step Interval 7:00-8:00	Cycle 7:00-7:45			
		Shag ✦ 7:00-9:00		Stott Pilates 7:00-8:00 ★			
	Zumba Fitness 8:00 - 9:00	BootCamp ★ 8:00 - 9:00	Zumba Fitness 8:00 - 9:00				

Zumba Fitness 2:00-3:00
Zumba Fitness 3:00-4:00
Sunday Yoga 4:00-5:15



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