



East Area Family YMCA Group Fitness Schedule March 1st—April 25th, 2010



Schedule Subject to Change.

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|---|---|---|--|---|---|-----------------------------|
| 5:45 | | Y-Body Cuts Lee | | Y-Body Cuts Kristie | | | |
| 7:00 | | | | | | Yoga Linda S. | |
| 7:30 | | | Chair Yoga Chris | | | | |
| 8:15 | | | | | | Core Training Bev | |
| 8:30 | Silver Sneakers® Muscular Strength Val Yoga *Teen Center* Chris | Morning Movers Kathy | Resist-a-ball Kathy | NIA™ Chris | AOA Strength Training Frank | Step Bev | Yoga Linda S. |
| 9:15 | Core Training Patty | | Core Training Karen | | Awesome Abs Peg | Total Body Conditioning Bev | |
| 9:30 | Zumba™ Patty & Meredith | Y-Body Cuts Debbie | Step Interval Karen Zumba Gold™ *SACC* Chris | Total Body Conditioning Monika Pilates *SACC* Karen | Cardio Craze Peg Zumba Gold™ *SACC* Chris | NIA™ Ellin (10:00-11:00) | Family Zumba™ Lee |
| 10:30 | Pilates Karen Healthy Back *Teen Center* Patty | NIA™ Ellin Yoga *Teen Center* Kay | Zumba™ Patty & Meredith | Step Interval Monika | NIA™ Kathleen | TurboKick™ Betsy (11:00-12:00) | Family NIA™ Marci |
| 11:30-12:30 | | Intro to Yoga *Teen Center* Ellin | | Zumba Toning™ Patty (11:35-12:30) | Silver Sneakers® Plus Yoga Chris | | |
| 12:10-12:55 | Yoga Ellin | | | | | | |
| 3:45 | Youth Bootcamp Hannah | | Youth Punk Rope Kim | | | | |
| 4:30 | TurboKick™ Kristie | Yoga Linda S. | Kickboxing Julie | Yoga Ellin | Y-Body Cuts Lee | | |
| 5:30 | Y-Body Cuts Kristie | Cardio Craze Tracey | Zumba Toning™ Meredith & Patty | NIA™ Ellin | Zumba™ Linda D. | | |
| 6:30 | Step Interval Colleen | Y-Body Cuts Bev | Yoga'lates Paula Prenatal Fitness Kathy *SACC* * Registration re- quired. | Y-Body Cuts Colleen Kids Fun Factory TBA (6:30-7:15pm) *Gym—Court #2* * Registration re- quired | TurboKick™ Amy | | |
| 7:30 | Yoga Chris | Pilates Colleen | Yoga Sonja | Into Yoga/Pilates Bev | | | |