

MOVE TODAY FOR A BETTER TOMORROW

Group Fitness Options November 14—January 8, 2012



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	R.I.P.P.E.D. Ted K. Studio I-(50)			R.I.P.P.E.D. Ted K. Studio I-(50)		
6:30am			Y-Body Cuts Alicia D. (60) Studio I			
8:30am						Y-Body Cuts Michelle M. Studio I—(45)
9:30am						Zumba® Michelle M. Studio II— (60)
10:45		SilverSneakers® - Muscular Strength & Range of Movement Robin S. Studio I-(45)		SilverSneakers® - Muscular Strength & Range of Movement Robin S. Studio I—(45)		
12:10pm	R.I.P.P.E.D. Liz H./Shelley L. Studio I (40)	Y-Body Cuts Robin S. Studio I (40)	R.I.P.P.E.D. Robin S. Studio I (40)	Y-Body Cuts Kathy K. Studio I (40)		
12:10pm	Zumba® Barb M. Studio II (40)	Zumba® Liz H. Studio II (40)	Pilates (40) Dixie G. Studio II	Zumba® Liz H. Studio II (40)	Step Tracy V. Studio II (40)	
1:10pm				**Healthy Back Bob B. Studio II(40)		
5:30pm	Awesome Abs (15) Debbie C. Studio I		Awesome Abs (15) Michelle M. Studio I			
5:45pm	R.I.P.P.E.D. (50) Debbie C. Studio I		R.I.P.P.E.D. (50) Michelle M. Studio I			
6:00pm		Zumba® Lucy L. Studio II (60)		Zumba® Lucy L. Studio II (60)		
6:45pm	Y-Body Cuts(45) Mickey P.		Y-Body Cuts(45) Michelle M. Studio I			

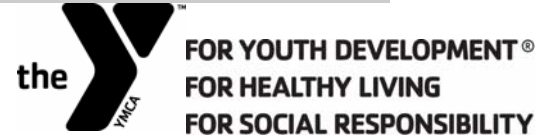
INDOOR CYCLING * MIND BODY *** WATER EXERCISE**
Schedule on REVERSE

Downtown Syracuse YMCA
340 Montgomery Street
Syracuse, NY 13202
(315) 474-6851

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INDOOR CYCLING

	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
6:00am	Cycle-60 Sam S.		Cycle-60 Ted K.	COMPUTRAINER MultiRider Threshold Ride (75) Tim D. \$\$	Cycle-60 Ted K.	
6:15am		Cycle-45 Chris R.				
9:00am						Cycle-45 Rotating Fitness Staff
12:10pm	Cycle-40 Bob B.		Cycle-40 Amy G.		Cycle-40 Julie W.	**6:30AM CLASS** 2 Hour Computrainer Technical Rides Every Saturday
5:30pm	Cycle-45 Mickey P.	COMPUTRAINER MultiRider Tempo Ride (75) Ted K. \$\$	Cycle-45 Janine C.	COMPUTRAINER MultiRider Threshold Ride (75) Brian G. \$\$		
7:15pm		COMPUTRAINER MultiRider Tempo Ride (75) Ted K. \$\$		COMPUTRAINER MultiRider Threshold Ride (75) Sam S. \$\$		

MIND/BODY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:10pm			Pilates (40) Dixie G. Studio II			
1:10pm	Yoga (40) Dixie G. Studio I		Yoga (40) Dixie G. Studio I	Healthy Back Bob B. Studio II	Yoga (40) Stephanie M. Studio I	
5:30pm	**Pilates (60) Jen R. Studio II					
6:00pm		Fitness Yoga (60) Amy R. Studio I		Restorative Yoga Katy B. Studio I (60)		

WATER FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am	Aquatics High Intensity Water Fitness (60) Ali P. (returns 9/26)	Aqua Zumba® (60) Alicia D.	Aquatics High Intensity Water Fitness (60) Ali P. (returns 9/28)	Aqua Zumba® (60) Alicia D.	Aqua Cardio & Cuts (60) Doug M.	
9:00am						Aquatics Weekend Warrior (60) See Attached Rotating Schedule
6:00pm	Aquatics Total Body Water Workout (60) John P.		Aqua Zumba® tn(60) Marilyn H.		Aqua Zumba® (60) Marilyn M.	