

# East Area Family YMCA Group Fitness PM Schedule January 2nd-June 24th, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:15pm	Yoga Ellin						
2:00pm		NIA™ Marci		AOA Strength Training Nadine			
3:45pm	Youth Punk Rope Kim M.				Youth Zumbatomic™ Kelle		
4:30pm	TurboKick™ Kristie	Yoga Linda	Kickboxing Julie	Yoga Shauna	Total Body Strength Lee	Zumba™ Kelle	
5:30pm	Total Body Strength Kristie	R.I.P.E.D.™ Karen	Zumba™ Paula	NIA™ Marci	Zumba™ Lee		
6:30pm	Step Interval Colleen	Total Body Strength Bev	Cardio Craze Kim D.	Total Body Strength Colleen	Friday Family Fun Fitness In the Gym		
7:30pm	Yoga Chris / Sonja	Pilates Colleen	Yoga *SACC* Shauna  Total Body Strength *Studio* Korie	Yoga *SACC* Faith  Zumba™ Kelle			

All fitness classes must maintain a minimum average of 8 participants per class in order for the class to remain on the schedule.

All participants must be at least 8 years of age and participants must be 4' 11" or taller for Cycle classes.