



North Area Family YMCA Group Exercise Schedule

Jan. 1st – Feb 26th

Revised 2-1-12

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am		Y Body Cuts Mickey		Y Body Cuts Kelle			9:30 am
7:30 am	Morning Walk Linda GYM		Morning Walk Linda GYM		Morning Walk Linda GYM		Jan 1 Various *See special Schedule Jan 8 Step & Strength Lori Jan 15 ★ Zumba Marcela Jan 22 Cardio Kickbox Laura Jan 29 Yoga Vicky
8:00 am		Tai Chi Ralph		Zumba Gold Glna ★ 8:00-9:00am			
8:30 am	AOA Cardio & Sculpt Gina R	Healthy Back Back in Shape MPR Rosie	AOA Flex & Balance Dixie	Healthy Back Back in Shape MPR Rosie	AOA Strength Dixie	Y Body Cuts Patty Hendry	
9:15 am	Awesome Abs Laura	Awesome Abs Deb	Awesome Abs Deb D.	Awesome Abs Sue	Awesome Abs Deb		
9:30 am	Cardio Kickbox Laura/Erika *Gloves Encouraged	Cuts & Sculpt Deb	Cardio Kickbox Lisa/Laura *Gloves Encouraged	Cuts & Sculpt Sue	Step Interval Deb Mommy & Me 2 9:30-10:15am MPR	Cardio Box Lisa/Annie/Laura 1/14, 1/28, 2/11, 2/25 Zumba ★ Varies 1/7, 1/21, 2/4, 2/18	Feb 5 Zumba Toning Gina Feb 12 Masala Bhangra Jen Feb 19 Zumba Toning Gina Feb 26 Pilates Matwork Errin
10:30am	Zumba ★ Mary/Glna	Yoga Dixie	Pilates Nadirah 10:30-11:30	Silver Sneakers® Dixie	Yoga Joan	Yoga Various * 1st Sat of Month is 90min Class	
11:00/11:30 11:45	Zumba Gold Gina ★ 11:30-12:30	Mommy & Me 1 11:30-12:15am KELLY P MPR Silver Stretch Dixie-11:45am	Pre-Natal Yoga 10:30-11:30 Kelly-MPR	Tai Chi 11:15-12:15 MP Room			
4:30 5:00 pm	Cuts & Sculpt Valerie 4:30-5:30	Core Conditioning Sue 5:00-5:30	Cuts & Sculpt Julie 4:30 - 5:30	Core Conditioning Sue 5:00-5:30	<h2 style="margin: 0;">Relax In The New Year With Yoga</h2>  <p style="margin: 10px 0 0 0;">Zumba is a Age 12+ MEMBER ONLY class. No Guests or Punch Cards.</p>		
5:30 pm	Box/Bootcamp Annie/Laura	Zumba ★ Kelly K Pilates 6:00-7:00p Sweetheart Rm 4	Yoga Bridget L NEW	Bootcamp Laura			
6:30 pm	Zumba ★ Kelly/Marcela	Cardio Kickboxing (Gloves optional) Annie/Erika	Box & Sculpt Annie/Lisa (*Begin/Interm) Prenatal Yoga/ Strength Kelly- Sweetheart	Zumba ★ Jen			
7:30 pm	Yoga Joan	Yoga Vicky	Yoga Kelley	Fitness Yoga Denise			
8:30 pm	Zumba ★ Jen 8:30-9:30pm		Zumba ★ ShaNan/Jen 8:30-9:30pm	Zumba ★ Marcela 8:30-9:30pm			