

**Jamerson Family YMCA**  
**GROUP FITNESS SCHEDULE**  
**March 2010**

Class Time	◀Monday 03.08▶		◀Tuesday 03.09▶		◀Wednesday 03.10▶		◀Thursday 03.11▶		◀Friday 03.12▶		◀Saturday 03.13▶		◀Sunday 03.14▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am		6:00 – 6:45 *Cycle TRACEY	5:45 – 6:45 Simply Ballistic DONA E.			*Cycle JOEL	5:45 – 6:45 Iron Grip DIANNE		T.G.I.F. DONA E.					
8:00am – 9:00am				8:00 – 9:15 AM Yoga WILEY		Gentle Fire Yoga CATHY		8:00 – 9:15 AM Yoga WILEY			8:00 – 9:00 Stott Pilates TERESA	8:30 – 9:45 Power Yoga LEESA		
8:30am – 9:30am	Cardio Box COREY	9:00 – 9:30 AB-solutely Core PAULA	Muscle ERICA		9:00 – 9:30 AB-solutely Core MARY LYNN		Muscle MARY LYNN		Cross Training JULIA	9:00 – 9:30 AB-solutely Core JILL	9:00 – 10:00 Step VICKY	9:00 – 10:15 *Cycle KELLY	1:30 – 3:00 •Power Conditioning TRACEY	
9:30am – 10:30am	Cross Training ANGIE	*Cycle PAULA	Iron Grip Muscle MARIA	Flexible Strength SHERRI ANN	Multi Step MARY LYNN	*Cycle DONNA D.	Flexible Strength MARY LYNN	9:45 – 10:30 Postnatal JULIA	Iron Grip Cardio JILL	*Cycle TAMI	10:00 – 11:00 Flexible Strength DENISE		2:00 – 3:00 ZUMBA MICHELLE	
10:30am – 11:30am	Cross Training Lite ANGIE	10:00 – 10:30 ZUMBA EXPRESS LEEANNE	10:45 – 11:45 Gentle Yoga LEESA	10:45 – 11:30 •Balance In Motion ANGIE	ZUMBA LEEANNE	20-20-20 Lite ART B.	10:45 – 11:45 Active Plus Muscle MARY	10:45 – 11:30 •Balance In Motion ANGIE	Cross Training Lite MABLE	10:45 – 11:45 Gentle Yoga CHRISTINE E	11:00 – Noon ZUMBA JEN K.		3:00 – 4:00 ZUMBA LEEANNE	
12:00pm – 1:00pm	Advanced Cross Training DONNA D.	12:00 – 1:15 Power Yoga Christine E.	Stott Pilates KATIE	12:00 – 12:45 * Cycle TAMI	Step ERICA	12:00 – 1:15 Power Yoga Christine E.	Stott Pilates KATIE	12:00 – 12:45 * Cycle PAULA	Cross Training Dhomonique	12:00 – 1:15 Power Yoga MARIA			4:00 – 5:15 Sunday YOGA LEESA	
1:00pm – 1:45pm	Chair Exercise MARY			NOON T'ai Chi Practice	Chair Exercise ERICA				Chair Exercise ANGIE					
4:30pm – 5:30pm	4:30 – 5:30 Cross Training MARIA		4:30 – 5:00 * Cycle Express JULIA		4:30 – 5:30 Cardio Pump MARIA		4:30 – 5:30 ZUMBA MICHELLE		4:30 – 5:30 ZUMBA MARIA					
5:00pm – 5:30pm	5:30 – 6:00 Totally Tubular (in MP C) MARIA	5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.	5:30 – 6:00 TNT (in MP C) MARIA	5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Instructor Choice TRACI	*Cycle JOHN P.	Iron Grip Muscle LISA B.		Cardio-Step Interval DENISE	*Cycle TRACEY	Iron Grip Muscle TRACEY		Cardio Step TERESA P.	5:30 – 7:30 •Kempo Karate				
6:45pm – 7:00pm	Abs/Back TRACI		6:45 – 7:00 Stretch LISA B.	5:45 – 7:00 Power Yoga LEESA	Abs/Back DENISE		6:45 – 7:00 Stretch TRACEY	5:45 – 7:00 Power Yoga Christine E.						
7:00pm – 8:00pm	Cardio Box LISA B.	6:00 – 9:00 •Kempo Karate	Cross Training MABLE	7:00 – 7:45 *Cycle JOHNNA	Step LISA B.	6:00 – 9:00 •Kempo Karate		7:00 – 7:45 *Cycle TAMI						
8:00pm – 9:00pm			ZUMBA JEN K.	7:00 – 9:00 •Dancing (front desk)	Stott Pilates TERESA		ZUMBA JEN K.							

**KEY**

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 Sign-up will begin 1 Day prior to class. Walk-ins are welcome, but signing up will reserve your bike, but you must be present at class start time or your space will be forfeited.

**Cycle Classes are held in the NEW cycling studio (across from the gym)**

- **Fee Based Class** – Please contact front desk for details and sign-up
- **Balance in Motion (Age 55+)** – Tues/Thurs 10:45-11:30  
 Class size is limited – Jan 28<sup>th</sup> – Apr 6<sup>th</sup>  
 Cost: \$20 members, \$40 non-members
- **Power Conditioning** – Feb 21<sup>st</sup> – Apr 4<sup>th</sup> -- Sundays 1:30PM-3PM  
 Cost: \$35 members, \$65 non-members

Group Fitness Coordinator: Paula Dahl: 582 -1900 Ext. 221

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# Jamerson Family YMCA GROUP FITNESS SCHEDULE March 2010

Class Time	◀Monday 03.15▶		◀Tuesday 03.16▶		◀Wednesday 03.17▶		◀Thursday 03.18▶		◀Friday 03.19▶		◀Saturday 03.20▶		◀Sunday 03.21▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am		6:00 – 6:45 *Cycle DONA E.	5:45 – 6:45 Simply Ballistic DONA E.			*Cycle JOEL	5:45 – 6:45 Iron Grip DIANNE		T.G.I.F. DONA E.	YMCA NEIGHBORHOOD MEETING				
8:00am – 9:00am				8:00 – 9:15 AM Yoga JOE		Gentle Fire Yoga CATHY		8:00 – 9:15 AM Yoga WILEY		In the MP ROOM 9-3PM	8:00 – 9:00 Stott Pilates TERESA	8:30 – 9:45 Power Yoga LEESA		
8:30am – 9:30am	Cardio Box COREY	9:00 – 9:30 AB-solutely Core ANNE	Muscle TRACEY		9:00 – 9:30 AB-solutely Core MARY LYNN		Muscle MARY LYNN		Cross Training JULIA	9:00 – 9:30 AB-solutely Core JILL	9:00 – 10:00 Step MARY LYNN	9:00 – 10:15 *Cycle JULIA	1:30 – 3:00 •Power Conditioning TRACEY	
9:30am – 10:30am	Cross Training ANGIE	*Cycle ANNE	Iron Grip Muscle ANNE	Flexible Strength SHERRI ANN	Multi Step MARY LYNN	*Cycle DONNA D.	Flexible Strength MARY LYNN	9:45 – 10:30 Postnatal JULIA	Iron Grip Cardio JILL	*Cycle STACEY	10:00 – 11:00 Flexible Strength MARY LYNN		2:00 – 3:00 ZUMBA DIANNE	
10:30am – 11:30am	Cross Training Lite ANGIE	10:00 – 10:30 ZUMBA EXPRESS LEEANNE	10:45 – 11:45 Gentle Yoga LEESA	10:45 – 11:30 •Balance In Motion ANGIE	ZUMBA LEEANNE	20-20-20 Lite ART B.	10:45 -11:45 Active Plus Muscle MARY	10:45 – 11:30 •Balance In Motion ANGIE	Cross Training Lite MABLE	10:45 – 11:45 Gentle Yoga (in MP C) CHRISTINE E	11:00- Noon ZUMBA JEN K.		3:00 – 4:00 ZUMBA LEEANNE	
12:00pm – 1:00pm	Advanced Cross Training DONNA D.	12:00 – 1:15 Power Yoga JULIE S.	Stott Pilates KATIE	12:00 – 12:45 * Cycle TAMI	Step ERICA	12:00 – 1:15 Power Yoga Christine E.	Stott Pilates JULIE	12:00 – 12:45 * Cycle TAMI	Cross Training (OUTSIDE) Dhomonique	12:00 – 1:15 PowerYoga (in the studio) MARIA			4:00 – 5:15 Sunday YOGA Christine E.	
1:00pm – 1:45pm	Chair Exercise MARY			NOON T'ai Chi Practice	Chair Exercise TRACEY				Chair Exercise ANGIE					
4:30pm – 5:30pm	4:30 – 5:30 Cross Training SAMANTHA		4:30 – 5:00 * Cycle Express JULIA		4:30 – 5:30 Cardio Pump SAMANTHA		4:30 – 5:30 ZUMBA MICHELLE		4:30 – 5:30 ZUMBA DIANNE					
5:00pm – 5:30pm	5:30 – 6:00 Totally Tubular (in MP C) MARIA	5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.	5:30 – 6:00 TNT (in MP C) MARIA	5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Instructor Choice TRACI	*Cycle MIKE	Iron Grip Muscle TRACI		Cardio-Step Interval TERESA P.	*Cycle DENISE	Iron Grip Muscle DENISE		Cardio Step JENNIFER	5:30 – 7:30 •Kempo Karate				
6:45pm- 7:00pm	Abs/Back TRACI		6:45 – 7:00 Stretch TRACI	5:45 – 7:00 Power Yoga LEESA	Abs/Back TERESA P.		6:45 – 7:00 Stretch DENISE	5:45 – 7:00 Power Yoga Christine E.						
7:00pm- 8:00pm	Cardio Box LISA B.	6:00 – 9:00 •Kempo Karate	Cross Training MABLE	7:00 – 7:45 *Cycle LISA B.	Step JENNIFER	6:00 – 9:00 •Kempo Karate		7:00 – 7:45 *Cycle TAMI						
8:00pm – 9:00pm			ZUMBA JEN K.	7:00 – 9:00 •Dancing (front desk)	Stott Pilates TERESA		ZUMBA JEN K.							

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**Jamerson Family YMCA**  
**GROUP FITNESS SCHEDULE**  
**March 2010**

Class Time	◀Monday 03.22▶		◀Tuesday 03.23▶		◀Wednesday 03.24▶		◀Thursday 03.25▶		◀Friday 03.26▶		◀Saturday 03.27▶		◀Sunday 03.28▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am		6:00 – 6:45 *Cycle TRACEY	5:45 – 6:45 Simply Ballistic DONA E.			*Cycle JOEL	5:45 – 6:45 Iron Grip DIANNE		T.G.I.F. DONA E.					
8:00am – 9:00am				8:00 – 9:15 AM Yoga WILEY		Gentle Fire Yoga CATHY		8:00 – 9:15 AM Yoga WILEY			8:00 – 9:00 Stott Pilates TERESA	8:30 – 9:45 Power Yoga BETHANY		
8:30am – 9:30am	Cardio Box COREY	9:00 – 9:30 AB-solutely Core ANNE	Muscle ERICA		9:00 – 9:30 AB-solutely Core MARY LYNN		Muscle MARY LYNN		Cross Training JULIA	9:00 – 9:30 AB-solutely Core JILL	9:00 – 10:00 Step JULIA	9:00 – 10:15 *Cycle DENISE	1:30 – 3:00 •Power Conditioning TRACEY	
9:30am – 10:30am	Cross Training ANGIE	*Cycle ANNE	Iron Grip Muscle MARIA	Flexible Strength SHERRI ANN	Multi Step MARY LYNN	*Cycle DONNA D.	Flexible Strength MARY LYNN	9:45 – 10:30 Postnatal JULIA	Iron Grip Cardio JILL	*Cycle TAMI	10:00 – 11:00 Flexible Strength JULIA		2:00 – 5:00 ZUMBA- THON KELLY G.	
10:30am – 11:30am	Cross Training Lite ANGIE	10:00 – 10:30 ZUMBA EXPRESS LEEANNE	10:45 – 11:45 Gentle Yoga LEESA	10:45 – 11:30 •Balance In Motion ANGIE	ZUMBA LEEANNE	20-20-20 Lite ART B.	10:45 -11:45 Active Plus Muscle MARY	10:45 – 11:30 •Balance In Motion ANGIE	Cross Training Lite ERICA	10:45 – 11:45 Gentle Yoga CHRISTINE E	11:00- Noon ZUMBA MICHELLE		MARIA JEN K. MICHELLE DIANNE	
12:00pm – 1:00pm	Advanced Cross Training DONNA D.	12:00 – 1:15 Power Yoga JULIE S.	Stott Pilates JULIE	12:00 – 12:45 * Cycle TAMI	Step ERICA	12:00 – 1:15 Power Yoga Christine E.	Stott Pilates JULIE	12:00 – 12:45 * Cycle PAULA	Cross Training Dhomonique	12:00 – 1:15 Power Yoga MARIA			4:00 – 5:15 Sunday YOGA Christine E.	
1:00pm – 1:45pm	Chair Exercise MARY			NOON T'ai Chi Practice	Chair Exercise ERICA				Chair Exercise PAULA					
4:30pm – 5:30pm	4:30 – 5:30 Cross Training MARIA		4:30 – 5:00 * Cycle Express JULIA		4:30 – 5:30 Cardio Pump MARIA		4:30 – 5:30 ZUMBA AMANDA		4:30 – 5:30 ZUMBA MARIA					
5:00pm – 5:30pm	5:30 – 6:00 Totally Tubular (in MP C) MARIA	5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.	5:30 – 6:00 TNT (in MP C) MARIA	5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Instructor Choice TRACI	*Cycle JOHN P.	Iron Grip Muscle LISA B.		Cardio-Step Interval DENISE	*Cycle TRACI	Iron Grip Muscle TRACEY		Cardio Step JENNIFER	5:30 – 7:30 •Kempo Karate				
6:45pm- 7:00pm	Abs/Back TRACI		6:45 – 7:00 Stretch LISA B.	5:45 – 7:00 Power Yoga LEESA	Abs/Back DENISE		6:45 – 7:00 Stretch TRACEY	5:45 – 7:00 Power Yoga Christine E.						
7:00pm- 8:00pm	Cardio Box LISA B.	6:00 – 9:00 •Kempo Karate	Cross Training MABLE	7:00 – 7:45 *Cycle JOHNNA	Step JENNIFER	6:00 – 9:00 •Kempo Karate		7:00 – 7:45 *Cycle ELLERY						
8:00pm – 9:00pm			ZUMBA JEN K.	7:00 – 9:00 •Dancing (front desk)	Stott Pilates TERESA		ZUMBA JEN K.							

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# Jamerson Family YMCA GROUP FITNESS SCHEDULE March / April 2010

Class Time	◀Monday 03.29▶		◀Tuesday 03.30▶		◀Wednesday 03.31▶		◀Thursday 04.01▶		◀Friday 04.02▶		◀Saturday 04.03▶		◀Sunday 04.04▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am		6:00 – 6:45 *Cycle DONA E.	5:45 – 6:45 Simply Ballistic DONA E.			*Cycle JOEL	5:45 – 6:45 Iron Grip DIANNE		T.G.I.F. DONA E.					HAPPY EASTER
8:00am – 9:00am				8:00 – 9:15 AM Yoga JOE		Gentle Fire Yoga CATHY		8:00 – 9:15 AM Yoga WILEY			8:00 – 9:00 Stott Pilates TERESA	8:30 – 9:45 Power Yoga BETHANY		
8:30am – 9:30am	Cardio Box COREY	9:00 – 9:30 AB-solutely Core PAULA	Muscle TRACEY		9:00 – 9:30 AB-solutely Core MARY LYNN		Muscle MARY LYNN		Cross Training JULIA	9:00 – 9:30 AB-solutely Core JILL	9:00 – 10:00 Step TERESA	9:00 – 10:15 *Cycle MIKE G.		
9:30am – 10:30am	Cross Training ANGIE	*Cycle PAULA	Iron Grip Muscle ANNE	Flexible Strength SHERRI ANN	Multi Step MARY LYNN	*Cycle DONNA D.	Flexible Strength MARY LYNN	9:45 – 10:30 Postnatal JULIA	Iron Grip Cardio JILL	*Cycle STACEY	10:00 – 11:00 Flexible Strength JULIA			
10:30am – 11:30am	Cross Training Lite ANGIE	10:00 – 10:30 ZUMBA EXPRESS LEEANNE	10:45 – 11:45 Gentle Yoga BETHANY	10:45 – 11:30 ●Balance In Motion ANGIE	ZUMBA LEEANNE	20-20-20 Lite ART B.	10:45 – 11:45 Active Plus Muscle MARY	10:45 – 11:30 ●Balance In Motion ANGIE	Cross Training Lite MABLE	10:45 – 11:45 Gentle Yoga BETHANY	11:00- Noon ZUMBA JEN K.			
12:00pm – 1:00pm	Advanced Cross Training DONNA D.	12:00 – 1:15 Power Yoga JULIE S.	Stott Pilates JULIE	12:00 – 12:45 * Cycle TAMI	Step ERICA	12:00 – 1:15 Power Yoga Christine E.	Stott Pilates JULIE	12:00 – 12:45 * Cycle TAMI	Cross Training Dhomonique	12:00 – 1:15 Power Yoga MARIA				
1:00pm – 1:45pm	Chair Exercise MARY			AARP DRIVING Noon-4	Chair Exercise TRACEY			AARP DRIVING Noon-4	Chair Exercise PAULA					
4:30pm – 5:30pm	4:30 – 5:30 Cross Training SAMANTHA		4:30 – 5:00 * Cycle Express JULIA		4:30 – 5:30 Cardio Pump SAMANTHA		4:30 – 5:30 ZUMBA MICHELLE		4:30 – 5:30 ZUMBA DIANNE					
5:00pm – 5:30pm	5:30 – 6:00 Totally Tubular (in MP C) MARIA	5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.	5:30 – 6:00 TNT (in MP C) MARIA	5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Instructor Choice TRACI	*Cycle MIKE	Iron Grip Muscle TRACI		Cardio-Step Interval TERESA P.	*Cycle DENISE	Iron Grip Muscle TRACEY		Cardio Step JENNIFER	5:30 – 7:30 ●Kempo Karate				
6:45pm – 7:00pm	Abs/Back TRACI		6:45 – 7:00 Stretch TRACI	5:45 – 7:00 Power Yoga BETHANY	Abs/Back TERESA P.		6:45 – 7:00 Stretch TRACEY	5:45 – 7:00 Power Yoga BETHANY						
7:00pm – 8:00pm	Cardio Box LISA B.	6:00 – 9:00 ●Kempo Karate	Cross Training MABLE	7:00 – 7:45 *Cycle HEATH	Step JENNIFER	6:00 – 9:00 ●Kempo Karate		7:00 – 7:45 *Cycle TAMI						
8:00pm – 9:00pm			ZUMBA JEN K.	7:00 – 9:00 ●Dancing (front desk)	Stott Pilates TERESA		ZUMBA JEN K.							

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