

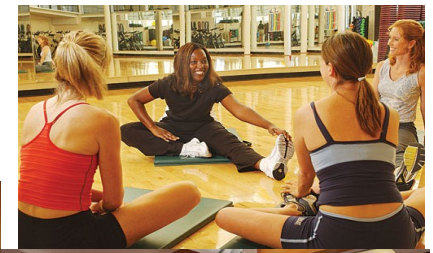
Group Fitness Schedule

Jamerson Family YMCA

March (Mar 1 - Apr 4th)

	Lobby/Outside	Cycle Studio	MP Room A/B	MP Room C	Studio		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM HOUR	Cycle 6:00-6:45	Simply Ballistic 5:45-6:45	Cycle 6:00-6:45	Iron Grip Muscle 5:45-6:45	T. G. I. F 6:00-7:00		<p>All group fitness classes are FREE with your YMCA Membership (except those annotated with a ✦ ☆ New Class ● Fee Based Class – Please contact front desk for details and sign-up ● Balance in Motion (Age 55+) – Tues/Thurs 10:45-11:30 Jan 28th – Apr 6th Cost \$20 Mem \$40 Non-Mem ● Power Conditioning Feb 21st - Apr 4th Sunday 1:30 -3PM Cost : \$35 members, \$65 non-members</p>
8:00 AM HOUR	Cardio Box 8:30-9:30	AM Yoga 8:00-9:15	AM Yoga 8:00-9:15	AM Yoga 8:00-9:15		Stott Pilates 8:00-9:00	
9:00 AM HOUR	AB-solutely Core 9:00-9:30		AB-solutely Core 9:00-9:30		Cross Training 8:30-9:30	Power Yoga 8:30-9:45	
	Cycle 9:30-10:30	Flexible Strength 9:30-10:30	Multi Step 9:30-10:30	Flexible Strength 9:30-10:30	AB-solutely Core 9:00-9:30	Step 9:00-10:00	
	Cycle 9:30-10:30		Cycle 9:30-10:30	Postnatal ☆ 9:45 - 10:30	Iron Grip Cardio 9:30-10:30	Cycle Challenge 9:00-10:15	
10:00 AM HOUR	Cross Training Lite 10:30-11:30	Iron Grip Muscle 9:30-10:30	Zumba Fitness 10:30-11:30	Active Plus Muscle 10:45-11:45	Cross Training Lite 10:30-11:30	Flexible Strength 10:00-11:00	
	Zumba Express ☆ 10:00 - 10:30	Balance in Motion ✦ 10:45-11:30	20-20-20 Lite 10:30-11:30	Balance in Motion ✦ 10:45-11:30	Gentle Yoga 10:45-11:45	Zumba Fitness 1100 - 1200 ☆	
12:00 HOUR	Adv. Cross Training 12:00-1:00	Gentle Yoga 10:45-11:45	Step 12:00-1:00	Stott Pilates 12:00-1:00	Cross Training 12:00-1:00		
	Power Yoga 12:00-1:15	Stott Pilates 12:00-1:00	Power Yoga 12:00-1:15	Cycle ☆ 12:00-12:45	Power Yoga 12:00-1:15		
1:00 HOUR	Chair Exercise 1:00-1:45	T'ai Chi Practice NOON	Chair Exercise 1:00-1:45		Chair Exercise 1:00-1:45		
4:00 HOUR	Cross Training 4:30-5:30	Cycle Express 4:30-5:00	Cardio Pump 4:30-5:30	Zumba Fitness ☆ 4:30 - 5:30	Zumba Fitness 4:30 - 5:30		
5:00 HOUR	Flexible Strength 5:00-5:55	Flexible Strength 5:00-5:40	Flexible Strength 5:00-5:55		Kempo Karate ✦ 5:30-7:30		
	Instructor Choice 5:45-6:45	Cycle Express 5:30-6:15	TNT ☆ 5:30 - 6:00	Cycle Express 5:30-6:15			
	Totally Tubular ☆ 5:30-6:00	Iron Grip Muscle 5:45-6:45	Cycle 5:45-6:45	Iron Grip Muscle 5:45-6:45	Cardio Step 5:45-6:45		
6:00 HOUR	Cycle 5:45-6:45	Power Yoga 5:45-7:00	Cardio-Step Interval 5:45-6:45	Power Yoga 5:45-7:00			
	Kempo Karate ✦ 6:00-9:00	Stretch 6:45-7:00	Kempo Karate- ✦ 6:00-9:00	Stretch 6:45-7:00			
7:00 HOUR	Abs/Back 6:45-7:00	Cross Training 7:00-8:00	Abs/Back 6:45-7:00	Cycle 7:00-7:45			
	Cardio Box 7:00-8:00	Cycle 7:00-7:45	Step 7:00-8:00				
8:00 HOUR		Shag ✦ 7:00-9:00	Stott Pilates 8:00-9:00				
		Zumba Fitness 8:00 - 9:00		Zumba Fitness 8:00 - 9:00			

● Power Conditioning 1:30 - 3PM
Zumba Fitness 2:00-3:00 ☆
Zumba Fitness 3:00-4:00
Sunday Yoga 4:00-5:15



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