

GROUP EXERCISE SCHEDULE

ANDOVER YMCA

November 2nd - December 31st, 2009



Facility Hours

Monday - Friday 5:00am- 10:00pm

Saturday 7:00am-10:00pm

Sunday 7:00am-9:00pm

Kids Stuff Hours

Monday - Thursday 8:00am- 8:30pm

Friday 8:00am-8:00pm

Saturday 8:00am-2:00pm

Sunday 9:00am-1:00pm & 3:00pm-7:00pm

Monday			
Time	Class	Location	Instructor
5:15 - 6:30 am	Group Cycle	1	Kevin
8:20 - 9:20 am	BodyPump™	3	Jason
9:30 - 10:30 am	Group Cycle	1	Leah
9:30 - 10:30 am	Fitness Yoga	2	Jenn
9:25 - 10:25 am	BodyStep™	3	Jenny
10:30 - 11:00 am	Core Conditioning	1	Leah
10:35 - 11:05 am	Mat Pilates	2	Jenn
10:30 - 11:30 am	BodyPump™	3	Yvonne
11:30 - 12:15 pm	SilverSneakers® MSROM	2	Cheryl
12:20 - 1:05 pm	SilverSneakers® YogaStretch	2	Cathie H.
12:50 - 1:50 pm	Turbo Kick®	3	Tonya/Jami
4:30 - 5:30 pm	BodyPump™	3	Terra
5:35 - 6:50 pm	Turbo Kick®	2	Lori T.
5:35 - 6:35 pm	BodyPump™	3	Nicole
6:30 - 7:15 pm	Group Cycle	1	Deb
6:45 - 7:45 pm	BodyFlow™	3	Nicole
6:55 - 7:40 pm	Kids Fitness	2	Vicky
7:45 - 8:30 pm	BOSU	2	Vicky
8:35 - 9:35 pm	BodyPump™	3	Laurie M.

Tuesday			
Time	Class	Location	Instructor
5:30 - 6:30 am	Boot Camp	FH	Renee
5:30 - 6:30 am	BodyPump™	3	Shannon
8:20 - 9:20 am	Latin Hip Hop	3	Belinda
8:55 - 9:25 am	Zumba Gold™	2	Anu
9:25 - 10:25 am	BodyPump™	3	Yvonne
9:30 - 10:30 am	Cardio Kick/BootCamp	2	Tonya
10:35 - 11:35 am	BodyVive™	2	Jenny
10:30 - 11:30 am	BodyFlow™	3	Denise
11:40 - 12:25 pm	SilverSneakers® Cardio Circuit	2	Jenn
Noon - 12:45 pm	Group Cycle	1	Rick
12:30 - 1:15 pm	AOA Fitness Yoga	2	Jenn
4:30 - 5:15 pm	BodyStep™ Express	2	Holli
4:30 - 5:45 pm	Turbo Kick®	3	Lori H.
6:25 - 7:25 pm	Kickboxing	2	Shayna
6:30 - 7:15 pm	Group Cycle	1	Nancy
7:30 - 8:30 pm	Tai Chi Instruction	1	Dale
6:25 - 7:25 pm	BodyStep™	3	Heather
7:30 - 8:30 pm	BodyPump™	3	Heather

Wednesday			
Time	Class	Location	Instructor
5:15 - 6:30 am	Group Cycle	1	Guy
8:20 - 9:20 am	BodyPump™	3	Jason
9:25 - 9:55 am	Mat Pilates	2	Denise
9:25 - 10:25 am	Step	3	Sue
9:30 - 10:30 am	Group Cycle	1	Leah
10:00 - 11:15 am	Fitness Yoga	2	Denise
10:30 - 11:30 am	BodyPump™	3	Rick
11:35 - 12:25 pm	Zumba™	3	Anu
11:30 - 12:15 pm	AOA Aerobics	2	Yvonne
12:15 - 12:45 pm	Drums Alive® Golden Beats	2	Yvonne
12:50 - 1:50 pm	Turbo Kick®	3	Dana S.
4:30 - 5:30 pm	BodyPump™	3	Lori H.
5:35 - 6:35 pm	Turbo Kick®	2	Amanda
5:35 - 6:20 pm	BodyStep™ Express	3	Heather/Holli
6:30 - 7:15 pm	Group Cycle	1	Nancy
6:40 - 7:40 pm	BodyFlow™	2	Nara
6:25 - 7:25 pm	BodyPump™	3	Heather
7:30 - 8:30 pm	Zumba™	3	Anu
8:35 - 9:35 pm	BodyPump™	3	Laurie M.

Thursday			
Time	Class	Location	Instructor
5:10 - 5:55 am	Step	2	Dawn
5:30 - 6:30 am	Boot Camp	FH	Yvonne
5:30 - 6:30 am	BodyPump™	3	Shannon
8:20 - 9:20 am	Drums Alive® Power Beats	3	Belinda
9:30 - 10:30 am	Turbo Kick®	2	Dana S.
9:25 - 10:25 am	BodyPump™	3	Heidi
10:35 - 11:35 am	BodyVive™	2	Jenny
10:30 - 11:30 am	Latin Hip Hop	3	Jami
11:40 - 12:25 pm	SilverSneakers® Cardio Circuit	2	Jenn
12:30 - 1:15 pm	AOA Fitness Yoga	2	Jenn
5:30 - 6:15 pm	Family Drums Alive®	2	Jason
5:35 - 6:15 pm	Big Kids Fitness	KS	KS
5:35 - 6:35 pm	Turbo Kick®	3	Sean
6:20 - 7:20 pm	BodyStep™	2	Nara
6:40 - 7:40 pm	BodyPump™	3	Lori H./Janine
7:30 - 8:30 pm	BodyFlow™	2	Nara

Friday			
Time	Class	Location	Instructor
5:15 - 6:30 am	Group Cycle	1	Shannon
8:20 - 9:20 am	BodyPump™	3	Heidi
9:30 - 10:30 am	Group Cycle	1	Leah
9:25 - 10:25 am	BodyVive™	2	Virgine/Jenny
9:25 - 10:40 am	Turbo Kick®	3	Tonya
10:30 - 11:15 am	Latin Hip-Hop	2	Jami
10:45 - 11:45 am	BodyPump™	3	Janine
11:30 - 12:15 pm	SilverSneakers® MSROM	2	Cheryl
12:20 - 1:05 pm	SilverSneakers® YogaStretch	2	Cathie H.
4:30 - 5:30 pm	Group Cycle	1	Denise
5:00 - 6:00 pm	BodyFlow™	2	Charlene
5:05 - 6:05 pm	BodyPump™	3	Janine/Rachel
6:05 - 7:05 pm	Fitness Yoga	2	Charlene

Saturday			
Time	Class	Location	Instructor
7:10 - 8:10 am	BodyPump™	3	Roger
7:10 - 8:10 am	Turbo Kick®	2	Rotation
8:15 - 9:15 am	Step	2	Dawn
8:15 - 9:15 am	BodyPump™	3	Terra
9:20 - 10:20 am	BodyStep™	2	Julie
9:20 - 10:20 am	BodyPump™	3	Shannon
10:25 - 11:10 am	Zumba™	3	Anu

Sunday			
Time	Class	Location	Instructor
9:25 - 10:25 am	Fitness Yoga	3	Charlene
10:30 - 11:00 am	Kids Fitness Yoga	3	Charlene
4:15 - 5:15 pm	BodyStep™	3	Holli/Nara
4:30 - 5:15 pm	Group Cycle	1	Cathie
5:20 - 6:20 pm	BodyPump™	3	Cathie
5:30 - 6:30 pm	BodyFlow™	2	Charlene
6:25 - 7:10 pm	Zumba™ (Family)	3	Anu

*Bold=New Classes

*Youth 10-14 years of age may attend Group Exercise classes if accompanied by adult.

*Must be at least 15 to attend **BODYPUMP™**

*Family Fitness Classes are for ages 3 and up with adult.

Kids Fitness are for ages 7-10. Please check in at Kids Stuff prior to class.

*Use of heart rate monitors recommended for classes and are available for purchase at Member Services.

*FH = Field House

For more information please call 763-230-9622
YMCA schedules can be found at www.ymcatwincities.org