



# GROUP EXERCISE SCHEDULE

Emma B. Howe Family YMCA

November 2nd - December 31st 2009

## Monday

time	class	location	instructor
5:45 - 6:30 am	Step	FS	Cindy
8:30 - 9:15 am	AOA Strength	FS	Lumiko
9:30 - 10:25 am	Step	MP	Cindy
9:30 - 10:30 am	SilverSneakers® - Muscular Strength & Range of Movement	FS	Kim G.B. & Lumiko
10:30 - 10:45 am	Resist-a-Ball Conditioning	MP	Cindy
10:45 - 11:30 am	SilverSneakers® YogaStretch	SMB	Kim G.B.
11:00 - 11:45 am	Mat Pilates	FS	Peggy
12:15 - 1:15 pm	BodyPump™	FS	Janet
1:30 - 2:30 pm	SilverSneakers® Cardio Circuit	FS	Sharon
4:00 - 5:00 pm	Group Cycle	FA	Gail
5:15 - 5:45 pm	Core Conditioning	SMB	Gail
5:30 - 6:15 pm	Step	FS	Amanda
6:15 - 7:15 pm	Motherwell Yoga	SMB	Virgene
6:20 - 7:20 pm	Boot Camp	FS	Steve
6:30 - 7:15 pm	Group Cycle	FA	Rick
6:30 - 7:30 pm	Line Dancing Lessons	MP	Sherri
7:20 - 8:20 pm	BodyFlow™	SMB	Charlene
7:25 - 8:25 pm	BodyPump™	FS	Rick
7:30 - 9:00 pm	Line Dancing Lessons	MP	Sherri
8:45 - 9:45 pm	Zumba™	FS	Randa

## Tuesday

5:45 - 6:45 am	BodyPump™	FS	Carissa
8:15 - 9:15 am	BodyVive™	MP	Virgene
8:30 - 9:15 am	AOA Stretch	FS	Lumiko
9:30 - 10:15 am	SilverSneakers® Cardio Circuit	MP	Kim G.B.
9:30 - 10:15 am	Group Cycle	FA	Virgene
9:30 - 10:30 am	BodyPump™	FS	Tahna
10:00 - 11:15 am	Fitness Yoga	SMB	April
10:45 - 11:45 am	Turbo Kick®	FS	Tahna
12:15 - 1:15 pm	BodyFlow™	FS	Margie
4:00 - 5:00 pm	BodyPump™	FS	Cynthia & Darcy
5:15 - 6:15 pm	Group Cycle	FA	Roger R.
5:25 - 6:25 pm	BodyStep™	FS	Gretchen
6:00 - 6:45 pm	Bosu	MP	Margie
6:30 - 7:30 pm	BodyPump™	FS	Rebecca & Roger
7:00 - 8:00 pm	BodyFlow™	MP	Margie
7:45 - 8:45 pm	BodyStep™	FS	Jennifer

## Wednesday

5:45 - 6:45 am	Turbo Kick®	FS	Sean
6:45 - 7:05 am	PiYo	FS	Sean
8:30 - 9:30 am	AOA Strength	FS	Sharon
8:30 - 9:15 am	Zumba™	MP	Darcy
9:30 - 10:15 am	Group Cycle	FA	Amy N.
9:30 - 10:30 am	SilverSneakers® - Muscular Strength & Range of Movement	FS	Randy & Sharon
10:15 - 11:15 am	BodyVive™	MP	Virgene
10:45 - 11:30 am	SilverSneakers® YogaStretch	SMB	Kim
10:45 - 11:45 am	Boot Camp	FS	Tahna
12:15 - 1:00 pm	Group Cycle	FA	Gail
12:15 - 1:15 pm	BodyPump™	FS	Margie
1:30 - 2:15 pm	AOA Aerobics	FS	Margie
5:15 - 6:15 pm	BODYFLOW™	FS	Steve
5:30 - 6:30 pm	Group Cycle	FA	Sylvia
6:20 - 7:20 pm	Latin Hip Hop	FS	Amy L./Jimi
6:30 - 7:15 pm	Core Conditioning	MP	Jille
7:00 - 8:00 pm	Tai Chi Chuan Practice	SMB	Dale
7:30 - 8:30 pm	Motherwell Water Exercise	Pool	Jille
7:25 - 8:25 pm	BodyPump™	FS	Wini

### Facility Hours:

Monday - Friday 5:00 am - 11:00 pm

Saturday 7:00am - 10:00 pm

Sunday 7:00 am - 9:00 pm

### Kids Stuff Hours:

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

Saturday 8:00am - 5:00 pm

Sunday 11:00 am - 6:00 pm

## Thursday

time	class	location	instructor
5:45 - 6:45 am	BodyPump™	FS	Carissa
8:30 - 9:15 am	AOA Stretch	FS	Lumiko
8:30 - 9:15 am	PiYo	SMB	Virgene
9:30 - 10:15 am	SilverSneakers® Cardio Circuit	MP	Lumiko
9:30 - 10:30 am	BodyPump™	FS	Gail
9:30 - 10:30 am	Group Cycle	FA	Virgene
10:45 - 11:45 am	BodyStep™	FS	Gretchen
12:15 - 1:15 pm	BODYFLOW™	FS	Margie
3:15 - 3:45 pm	Core Conditioning	FS	Margie
4:00 - 5:00 pm	BodyPump™	FS	Margie
5:25 - 6:25 pm	BodyStep™	FS	Nicole
6:15 - 7:15 pm	Motherwell Land	MR	Rachel M.
6:30 - 7:30 pm	BodyPump™	FS	Cynthia & Roger

## Friday

5:45 - 6:30 am	BodyStep™ Express	FS	Kim E.
6:30 - 6:45 am	CoreConditioning	FS	Kim E.
8:30 - 9:15 am	AOA Strength	FS	Kim G.B.
9:30 - 10:25 am	Step	MP	Cindy
9:30 - 10:30 am	SilverSneakers® - Muscular Strength & Range of Movement	FS	Amy & Roger
10:30 - 10:55 am	Resist-a-Ball™ Conditioning	MP	Cindy
10:45 - 11:30 am	SilverSneakers® YogaStretch	SMB	Sharon
10:45 - 11:45 am	Boot Camp	FS	Gretchen
Noon - 12:45 am	Line Dancing Lessons	MP	Lois
12:15 - 1:15 pm	BodyPump™	FS	Rick
1:00 - 2:15 pm	Line Dancing Lessons	MP	Lois
1:30 - 2:15 pm	AOA Aerobics	FS	Margie
6:00 - 6:45 pm	Kids Fitness Yoga	SMB	Dale
6:00 - 7:00 pm	BodyPump™	FS	Teresa
7:00 - 8:00 pm	Tai Chi Chuan Instruction	SMB	Dale
7:10 - 8:10 pm	Family Zumba™	FS	Jimi
8:10 - 8:40 pm	Core Conditioning	FS	Jimi

## Saturday

7:15 - 8:15 am	BodyFlow™	FS	Charlene
8:20 - 9:20 am	BodyStep™	FS	Nicole
9:15 - 10:15 am	Group Cycle	FA	Sylvia
9:30 - 10:30 am	BodyPump™	FS	Jim & Rick
9:30 - 10:30 am	Kids Fitness	MP	Kim G.B./Mike
10:30 - 11:45 am	Fitness Yoga	SMB	April
10:45 - 11:45 am	BodyVive™	FS	Amanda/Dana
10:45 - 11:45 am	Group Cycle	FA	Tahna
Noon - 12:45 am	Mat Pilates	SMB	Peggy
Noon - 1:00 pm	BodyPump™	FS	Tahna

## Sunday

8:00 - 9:15 am	Fitness Yoga	SMB	Kristi
8:30 - 9:30 am	BodyPump™	FS	Cynthia
9:45 - 10:45 am	BodyFlow™	FS	Cynthia
10:30 - 11:15 am	Mat Pilates	SMB	Peggy
11:00 - 11:55 am	Step	FS	Amanda/Cindy
Noon - 12:45 am	Family Drums Alive®	FS	Cindy/Stephanie
Noon - 12:45 pm	Group Cycle	FA	Cynthia/Joe
1:00 - 2:00 pm	BodyPump™	FS	Chuck & Margie
4:40 - 5:10 pm	Hip Hop Hustle™	FS	Jimi
5:15 - 6:15 pm	Family Zumba™	FS	Jimi
6:30 - 7:30 pm	BodyPump™	FS	Rachael B.

Family Fitness is for ages 5 and up with participating adult.

Kids Fitness is for ages 7 and up.

Youth ages 10 - 14 are welcome to attend classes with an adult.

BodyPump is not recommended for ages under 15.

You may reserve a bike for Group Cycle classes 1 day in advance.

Please wear appropriate athletic footwear to all classes.

FA = Fitness Alcove

FS = Fitness Studio

MP = Multi-Purpose Room

MR = Meeting Rooms

Pool = Aquatics area

SMB = Spirit/Mind/Body Room

