



GROUP EXERCISE SCHEDULE

CHAIN OF LAKES YMCA- (651)-795-9622
November 2-December 20th, 2009

Facility Hours

Monday - Friday 5:00am- 10:00pm
Saturday 7:00am-8:00pm
Sunday 9:00am-8:00pm

Kids Stuff Hours

Monday - Thursday 8:00am- 8:00pm
Friday 8:00am-7:00 pm
Saturday 9:00am-3:00pm
Sunday 12:00am-8:00pm

A=Activity Center S=Studio G=Gym

Bold = New classes

Must be at least 15 to attend BODYPUMP®

**Please register for class at Member Service

\$\$ Fee-based class-Registration required.

Monday

time	class	location	instructor
5:30 - 6:30	am BodyStep™	S	Barb
6:35 - 7:35	am BodyFlow™	S	Myra
8:00 - 8:45	am SilverSneakers® Cardio Circuit	S	Debbie
8:50 - 9:20	am Mat Pilates	S	Amanda
9:30 - 10:00	am Kids Fitness	G	Barb
9:20 - 10:20	am Turbo Kick®	S	Becka/Steph
9:30 - 10:30	am YMCA Water X	S	Cheri
10:00 - 10:20	am Kids Fitness Yoga	G	Barb
10:30 - 11:30	am BodyPump™	G	Stephanie
10:30 - 11:30	am Latin Hip Hop	S	Colleen
11:35 - 12:20	pm Fitness Yoga	S	Karrie
12:25 - 12:55	pm \$\$ Kettlebell Training	S	Myra
1:00 - 1:45	pm SilverSneakers® - MSROM	S	Karrie
1:55 - 2:25	pm \$\$ Pilates Reformer Group Class	S	Karrie
3:50 - 4:50	pm BodyPump™	S	Karissa
5:00 - 5:45	pm BodyStep™ Express	S	Denise/Carissa
5:50 - 6:50	pm BodyPump™	G	Becka
6:05 - 7:05	pm Group Cycle	S	Craig
6:15 - 7:00	pm YMCA Water X	P	Kelly
7:00 - 8:00	pm Pi/Yo	S	Becka
8:05 - 9:05	pm Latin Hip Hop	S	Colleen

Thursday

time	class	location	instructor
5:30 - 6:30	am BodyPump™	S	Barb
6:30 - 7:00	am \$\$ Pilates Reformer Group Class	S	Kelly Jo
8:15 - 9:15	am BodyVive™	S	Barb
9:20 - 9:40	am Core Conditioning	S	Barb
9:30 - 10:30	am BodyPump™	G	Paula
9:30 - 10:30	am YMCA Water X	P	Lori
9:45 - 10:45	am Latin Hip Hop	S	Colleen
10:50 - 11:35	am Group Cycle	S	Karrie
11:45 - 12:45	pm \$\$ Pilates Reformer Group Class	S	Karrie
1:00 - 2:00	pm BodyFlow™	S	Myra
1:30 - 2:15	pm Arthritis Water Exercise	P	Wayne
2:05 - 2:35	pm \$\$ Pilates Reformer Group Class	S	Barb
5:00 - 5:50	pm Turbo Kick®	S	Becka
6:05 - 7:05	pm BodyPump™	G	Becka
6:05 - 7:05	pm Group Cycle	S	Craig
7:15 - 8:00	pm Pi/Yo	S	Becka
7:15 - 8:00	pm YMCA Water X	P	Jon
8:05 - 8:50	pm Hip Hop Hustle™	S	Stef

Tuesday

time	class	location	instructor
5:30 - 6:30	am BodyPump™	S	Barb
6:30 - 7:00	am \$\$ Pilates Reformer Group Class	S	Kelly Jo
8:15 - 9:15	am BodyVive™	S	Myra
9:20 - 9:40	am Core Conditioning	S	Myra
9:30 - 10:30	am BodyPump™	G	Darci
9:30 - 10:30	am YMCA Water X	P	Lori
9:45 - 10:45	am BodyStep™	S	Denise
10:45 - 11:30	am Shallow Water X	P	Lori
10:50 - 11:35	am Group Cycle	S	Darci
11:40 - 12:25	pm Mat Pilates	S	Darci
1:30 - 2:15	pm Arthritis Water Exercise	P	Wayne
5:00 - 5:30	pm Kids Fitness	G	Kaylene
5:00 - 5:45	pm Step	S	Jennifer
6:00 - 7:00	pm BodyPump™	G	Paula
6:00 - 6:55	pm Hip Hop Hustle™	S	Stef Engler
7:10 - 8:10	pm BodyFlow™	S	Paula
8:15 - 9:15	pm \$\$ Pilates Reformer Group Class	S	Paula

Friday

time	class	location	instructor
5:30 - 6:30	am Group Cycle	S	Craig
6:35 - 7:05	am \$\$ Kettlebell Training	S	Barb
8:00 - 8:45	am AOA Aerobics	S	Lumiko
8:50 - 9:15	am AOA Stretch	S	Lumiko
9:20 - 10:20	am Cardio Kick	S	Stephanie
9:30 - 10:30	am AOA Water X	P	Rotation
10:30 - 11:30	am BodyPump™	G	Steph
10:30 - 11:30	am BodyStep™	S	Barb
11:40 - 12:40	pm \$\$ Pilates Reformer Group Class	S	Lumiko
1:00 - 1:45	pm SilverSneakers® - MSROM	S	Lumiko
5:00 - 5:45	pm Cardio Kick	S	Vickie
5:50 - 6:50	pm BodyPump™	S	Roger/Paula
7:00 - 8:00	pm BodyFlow™	S	Rotation

Wednesday

time	class	location	instructor
5:30 - 6:30	am BodyStep™	S	Barb
6:35 - 7:05	am \$\$ Kettlebell Training	S	Barb
8:00 - 8:45	am AOA Aerobics	S	Lumiko
8:50 - 9:15	am AOA Stretch	S	Lumiko
9:15 - 9:45	am Kids Fitness	G	Darci
9:20 - 10:20	am Turbo Kick®	S	Becka
9:30 - 10:30	am YMCA Water X	P	Kelly
9:45 - 10:15	am Kids Fitness Yoga	G	Darci
10:30 - 11:30	am BodyPump™	G	Becka
10:30 - 11:15	am Step	S	Barb
11:30 - 12:15	pm BODYFLOW™-express	S	Myra
1:00 - 1:45	pm SilverSneakers® - MSROM	S	Lumiko
3:00 - 3:30	pm \$\$ Pilates Reformer Group Class	S	Barb
3:50 - 4:50	pm BodyPump™	S	Karissa
5:00 - 5:45	pm Cardio Kick	S	Vickie
5:10 - 5:40	pm Kid's Fitness	G	Denise
5:50 - 6:50	pm BodyPump™	G	Vickie/Kathy
6:00 - 6:45	pm BodyStep™ Express	S	Carissa
6:00 - 7:00	pm Water X Power	P	Sherri
7:00 - 8:00	pm BodyFlow™	S	Kathy
8:05 - 8:35	pm \$\$ Kettlebell Training	S	Jess

Saturday

time	class	location	instructor
7:10 - 8:10	am BodyPump™	G	Darci
8:15 - 9:15	am Mat Pilates	S	Darci
8:45 - 9:30	am YMCA Water X	P	Rotation
9:20 - 10:20	am Turbo Kick®	S	Shannon
10:30 - 11:30	am BodyPump™	G	Karissa/Lois
10:30 - 11:30	am Group Cycle	S	Craig/Paula
11:40 - Noon	am Core Conditioning	S	Craig/Paula
12:10 - 12:40	pm \$\$ Kettlebell Training	S	Roger

Sunday

time	class	location	instructor
9:10 - 10:10	am BodyPump™	S	Vickie
10:20 - 11:20	am BodyFlow™	S	Vickie
12:30 - 1:30	pm Boot Camp	S	Chris
1:40 - 2:25	pm Family Drums Alive	S	Kaylene
2:35 - 3:05	pm Kid's Fitness Yoga	S	Kaylene
3:30 - 4:00	pm \$\$ Kettlebell Training	S	Darci
4:10 - 5:10	pm Turbo Kick®	S	Alyssa
5:20 - 6:20	pm BodyPump™	S	Rotation
6:30 - 7:30	pm BodyFlow™	S	Rotation

All classes due to cancellation due to low attendance.

Visit ymcatwincities.org for most current information.