



Updated on: 02/28/2010

MONDAY

| Time | Class | Location | Instructor |
|---------------|-----------------|----------|---------------|
| 6:00am | BODYATTACK® | B | Diane |
| 6:00am | BODYPUMP® | D | Trish/Mike |
| 9:00am | Tai Chi | D | Carol |
| Noon | Step | D | Lynda |
| 12:10pm | Y-Cycle | F | Shan |
| 12:10pm | Y-Fuse | B | Lonnie |
| 12:50pm | Absolution | B | Lonnie |
| 5:00pm | Absolution | B | Ron |
| 5:00pm | Y-Cycle Express | F | Tommy |
| 5:45pm | Y-Boot Camp | B | April/Tommy |
| 5:35pm | BODYSTEP® | D | Donna |
| 5:45pm | Y-Cycle | F | Angela |
| 6:15pm | Yoga | E | Tania |
| 6:35pm | Absolution | B | April |
| 6:45pm | BODYPUMP® | D | Mike |
| 6:45pm | Y-Cycle | F | Eileen |

TUESDAY

| Time | Class | Location | Instructor |
|---------------|----------------------|----------|------------------|
| 6:00am | Y-Cycle | F | Kathy |
| 6:00am | BODYSTEP® | D | Aaron |
| 6:00am | Y-Roots | B | Emily |
| 7:05am | Absolution | B | Aaron |
| Noon | BODYPUMP® | D | Lynda |
| Noon | Y-Stem | B | TBA |
| 5:35pm | BODYCOMBAT® | B | Marissa S. |
| 5:35pm | BODYPUMP® | D | Donna |
| 5:45pm | Y-Cycle | F | Christine |
| 6:35pm | Y-Chisel | B | Vanessa |
| 6:45pm | Y-Cardio Funk | D | Nicole |
| 6:45pm | Y-Cycle | F | Dori |

WEDNESDAY

| Time | Class | Location | Instructor |
|---------------|-----------------|----------|------------------|
| 6:00am | Y-Fuse | B | Lonnie |
| 6:00am | BODYPUMP® | D | Aaron |
| 6:35am | Absolution | B | Lonnie |
| 9:00am | Silver Sneakers | D | Molly |
| Noon | Step | D | Lynda |
| 12:10pm | Y-Cycle | F | Bruce/Dave |
| 12:10pm | Y-Fuse | B | Lonnie |
| 12:50pm | Absolution | B | Lonnie |
| 5:00pm | Absolution | B | Ron |
| 5:35pm | BODYATTACK® | D | Aaron |
| 5:35pm | Zumba | B | Julie |
| 5:45pm | Y-Cycle | F | Dave |
| 6:35pm | Absolution | B | Teisha |
| 6:45pm | BODYPUMP® | D | Inta |
| 7:15pm | YOGA | B | Marissa S |

THURSDAY

| Time | Class | Location | Instructor |
|---------------|----------------------|----------|--------------|
| 6:00am | Y-Cycle | F | Dori |
| 6:00am | BODYSTEP® | D | Aaron |
| 6:00am | Y-Roots | B | Emily |
| 7:05am | Absolution | B | Aaron |
| Noon | BODYPUMP® | D | Lynda |
| Noon | Y-Stem | B | Madeline |
| 5:35pm | BODYPUMP® | D | Ron |
| 5:45pm | Y-Cycle | F | Eileen |
| 6:45pm | Y-Cardio Funk | D | Tasha |

FRIDAY

| Time | Class | Location | Instructor |
|--------|-----------------|----------|------------|
| 6:00am | BODYATTACK | B | Aaron |
| 6:00am | BODYPUMP | D | Emily |
| 6:00am | Y-Cycle | F | Tom |
| 9:00am | Silver Sneakers | D | Molly |
| Noon | BODYATTACK® | B | Diane |
| 5:00pm | Absolution | B | Ron |
| 5:35pm | BODYSTEP® | D | Inta |
| 5:45pm | Y-Cycle | F | Kathy |

SATURDAY

| Time | Class | Location | Instructor |
|----------------|---------------|----------|--------------|
| 9:00am | Y-Cycle | F | Angela |
| 9:10am | BODYSTEP® | D | Diane/Inta |
| 10:15am | Absolution | B | Marissa W. |
| 10:50am | Y-Fuse | B | Lonnie |
| 10:15am | BODYPUMP® | D | Diane/Inta |
| 11:30am | YOGA | B | Tania |
| 11:30am | Y-Cardio Funk | D | Tina |

SUNDAY

| Time | Class | Location | Instructor |
|---------|-------------|----------|------------|
| 9:00am | Y-Cycle | F | Dori |
| 9:15am | BODYATTACK® | D | Aaron |
| 10:30am | BODYPUMP® | D | Aaron |
| 11:30am | Y-Roots | B | Rotates |

NOTE:

- Bolded classes are member only, reservation required, **\$8 per session**. Reservations can be made at the welcome desk.
- Y-Cardio Funk, Cycling, Body Pump are member only classes due to capacity issues.
- Community Participants can sign up for all other classes at \$73/session for one class a week.

Group exercise class descriptions can be found in the program and membership catalog on **pages 35-39**. For more information call the **Downtown YMCA (414) 291-9622**.



NOTE:

- **Bolded classes are member only, reservation required, \$8 once a week for the session. Reservations can be made at the welcome desk.**
- **Zumba, Cycling, Body Pump are member only classes due to capacity issues.**
- **Community Participants can sign up for all other classes at \$73/session for one class a week.**

Group exercise class descriptions can be found in the program and membership catalog on **pages 35-39**. For more information call the **Downtown YMCA (414) 291-9622**.

