



Updated on: 5/18/2010 8:54 AM

### MONDAY

Time	Class	Location	Instructor
6:00am	BODYATTACK®	B	Diane
6:00am	BODYPUMP®	D	Trish
<b>9:00am</b>	<b>Tai Chi</b>	<b>D</b>	<b>Carol</b>
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
<b>6:15pm</b>	<b>Yoga</b>	<b>E</b>	<b>Tania</b>
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	Jane
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	Fran
6:45pm	BODYPUMP®	D	Inta
<b>7:15pm</b>	<b>YOGA</b>	<b>B</b>	<b>Marissa S</b>

### 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
<b>11:30am</b>	<b>YOGA</b>	<b>B</b>	<b>Tania</b>
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 and made by paying \$8 per class per session. Reservations can be made at the welcome desk. Please see the front desk for details.
- Community Participants can sign up for all other classes at \$73/session for one class a week.

For group exercise class descriptions reference the current program and membership catalog or call the  
**Downtown YMCA at (414) 291-9622.**



