



Updated on: 01/17/2009

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	Jane
5:35pm	BODYCOMBAT®	B	Marissa S.
5:35pm	BODYPUMP®	D	Donna
5:45pm	Y-Cycle	F	Christine
6:15pm	Y-Centergy	E	Jade
6:30pm	StrYke	B	Trinh
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
6:00am	Y-Cycle	F	Susie
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	Y-Chisel	B	Vanessa
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	Y-Fuse	B	Lonnie
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
9:15am	Y-Chisel	B	Marissa W.
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, **\$4 per interim 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**.

