



Updated on: 1/21/10

MONDAY

Time	Class	Location	Instructor
<u>AM CLASSES</u>			
6:00-6:45	Y-Cycling	1st floor Studio	Michelle
9:30-10:30	Water Exercise	Pool	Krystal
<u>PM CLASSES</u>			
5:00-5:45	Y-Cycling	1st floor Studio	Eric
6:00-7:00	Kickboxing/Abs	1st floor Studio	Timothy
7:15 - 8:00	Y-Cycling	1st floor Studio	Jeff
6:15-7:00	Water Exercise	Pool	Vicki

TUESDAY

Time	Class	Location	Instructor
<u>AM CLASSES</u>			
10:15-11:00	SilverSneakers	1st floor Studio	Vicki
<u>PM CLASSES</u>			
4:45 - 5:15	Circuit	1st floor Studio	Freda
5:30-6:15	Yoga	1st floor Studio	Kelly
6:30-7:15	Y-Cycling	1st floor Studio	Kelly
6:00-7:00	Zumba	2nd floor Cafeteria	Gloria
7:15-8:00	Cardio Blast	2nd floor Cafeteria	Desiree
8:00-9:00	Urban Line Dancing	2nd floor Cafeteria	Valley/Teri

WEDNESDAY

Time	Class	Location	Instructor
<u>AM CLASSES</u>			
6:00-6:45	Y-Cycling	1st floor Studio	Michelle
9:30-10:30	Water Exercise	Pool	Krystal
<u>PM CLASSES</u>			
5:00-5:45	Y-Cycling	1st floor Studio	Kelly
6:00-6:30	Tone and Trim	1st floor Studio	Kelly
6:45-7:30	Kickboxing/Abs	1st floor Studio	Timothy
6:15-7:00	Water Exercise	Pool	Freda

THURSDAY

Time	Class	Location	Instructor
<u>AM CLASSES</u>			
10:15-11:00	SilverSneakers	1st floor Studio	Vicki
<u>PM CLASSES</u>			
4:45 - 5:15	Circuit	1st floor Studio	Freda
5:30-6:15	Zumba	1st floor Studio	Teri
6:30-7:15	Y-Cycling	1st floor Studio	Jeff
7:20-7:45	Concrete Core	1st floor Studio	Jeff
6:00-7:00	Kickboxing/Abs	Gym	Timothy

FRIDAY

Time	Class	Location	Instructor
<u>AM CLASSES</u>			
9:30-10:30	Water Exercise	Pool	Vicki

SATURDAY

Time	Class	Location	Instructor
<u>AM CLASSES</u>			
9:00-9:45	Y-Cycling	1st floor Studio	Rotation
10:00-11:00	Kick Boxing/Abs	1st floor Studio	Timothy

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 **Northside YMCA at (414) 265-9622**.



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