



## SPRING II 3/29/2010 –5/30/2010

Updated on: 5/18/2010 8:55 AM

### 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	2nd floor Cafeteria	Timothy
6:05-6:30	Absolution	1st Floor Studio	Trinisa
6:35-7:00	Y-Awesome Arms	1st Floor Studio	Trinisa
7:15 – 8:00	Y-Cycling	1st floor Studio	Jeff
6:15-7:00	Water Exercise	Pool	Freda

### TUESDAY

Time	Class	Location	Instructor
<u>AM CLASSES</u>			
10:15-11:00	SilverSneakers	1st floor Studio	Valley
<u>PM CLASSES</u>			
5:00 – 5:30	Y-Circuit	1st floor Studio	Freda
5:35-6:20	Y-Stem	1st floor Studio	Kelly
6:00-7:00	Zumba	2nd floor Cafeteria	Gloria
6:30-7:15	Y-Cycling	1st floor Studio	Kelly
7:20-7:40	Absolution	1st floor Studio	Kelly
7:15-8:00	Urban Line Dancing	2nd floor Cafeteria	Valley

### 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
6:35-7:00	Y-Awesome Arms	1st floor Studio	Kelly
6:45-7:30	Kickboxing/Abs	2nd floor Cafeteria	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	Valley
<u>PM CLASSES</u>			
5:00 – 5:30	Y-Circuit	1st floor Studio	Freda
5:35-6:15	Y-Cardio Funk	1st floor Studio	Lonnie/Dalia
6:30-7:15	Y-Cycling	1st floor Studio	Lonnie/Dalia
7:20-7:40	Absolution	1st floor Studio	Lonnie/Dalia
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

### SUNDAY

Time	Class	Location	Instructor
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#### 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 **NORTHSIDE YMCA at (414) 265-9622.**



