



Updated on: 3/9/2010

MONDAY

Time	Class	Location	Instructor
5:45-6:30	Power & Core	Studio A	Becky
8:00-8:30	Rise & Shine	Studio A	Anna
8:45-9:45	Power Splash	Pool	Christine
9:00-9:55	Zumba	Gym	Debbie
9:00-9:45	Cycle	Hall	Megan
9:15-10:00	Inter. Pilates	Studio A/B	Maureen
10:00-10:30	Stretch and Strength	Gym	Debbie
10:45-11:30	Silver Sneakers	Studio A/B	Sue
5:30-6:30	Total Body Min/Min	Studio A/B	Karen
6:30-7:30	Y Weight	Conf	Vickie
6:45-7:45	Power Splash	Pool	Marcia
6:40-7:40	Body Pump	Studio A/B	Rhonda

TUESDAY

Time	Class	Location	Instructor
5:30-6:15	Cycling	Studio A/B	Tom
8:00-8:45	AOA/SS Stretch	Studio A	Sue
9:00-9:45	Cycling	Hall	Megan
9:00-9:20	Fitness 101	Gym	Heather
9:30-10:00	Cardio Fusion	Gym	Heather
9:30-10:30	Sr. Water	Pool	Liza
10:00-10:30	Stretch & Strength	Gym	Heather
10:00-11:00	Body Pump	Studio A/B	Rhonda
5:15-5:45	Cycle	Hall	Andrea
6:00-6:30	Tone & Stretch	Studio	Andrea
6:00-7:00	Cycle	Hall	Denise
6:15-7:15	Cardio Kick	Gym	Dawn
7:00-8:00	Yoga	Studio A	Katrina
7:30-8:00	Stretch and Strength	Gym	Dawn

WEDNESDAY

Time	Class	Location	Instructor
5:30-6:15	Cycling	Hall	Todd
5:45-6:30	Circuit Training	FC	Mike
5:45-6:30	Zumba	Studio A/B	Tera
7:30-7:55	Easy Cycle	Hall	Jan
8:00-8:30	Rise & Shine Strength	Studio A/B	Jan
8:35-9:35	Yoga	Studio A/B	Jamie
8:45-9:45	Power Splash	Pool	Christine
9:00-9:55	Step	Gym	Megan
10:00-10:30	Stretch & Strength	Gym	Megan
10:45-11:30	Silver Sneakers	Studio A/B	Jan
5:15-5:50	Zumba Kids	Gym	Amy
5:35-6:35	Total Body Min/Min	Studio A/B	Karen

6:00-7:00	Zumba	Gym	Amy
6:30-7:30	Y Weight	Conf	Vickie
6:40-7:40	Body Pump	Studio A/B	Jeanne
6:45-7:45	Power Splash	Pool	Karlen

THURSDAY

Time	Class	Location	Instructor
5:30-6:15	Cycling	Studio A/B	Tom
9:00-9:45	Cycling	Hall	Connie
9:30-10:30	Sr. Water	Pool	Christine
10:00-10:30	Stretch and Strength	Gym	Connie
9:15-10:00	Beg Pilates	Studio B	Maureen
10:05-11:05	Body Pump	Studio A/B	Rhonda
10:30-11:05	Beg Circuit Training	FC	Meg
6:00-7:00	Cycle	Hall	Jen D.
6:00-6:40	Zumba Express	Studio A/B	Tera
6:40-7:00	Shape Shoppe	Studio A/B	Tera
7:00-7:45	Pilates	Studio A/B	Jennifer
8:00-9:00	Yoga	Studio A/B	Jennifer

FRIDAY

Time	Class	Location	Instructor
5:30-6:30	Boot Camp	Studio A/B	Tom
8:00-8:30	Rise & Shone Stretch	Studio A/B	Anna
8:45-9:45	Power Splash	Pool	
9:00-9:55	Switch It Up	Gym	Megan
10:00-10:30	Stretch & Strength	Gym	Megan
10:00-10:30	Refresh, Renew, Relax	Studio A/B	Meg
10:45-11:30	Silver Sneakers	Studio A/B	Anna
12:00-1:00	Ener Chi	Studio A/B	Joe
5:45-6:45	Body Pump	Gym	Rhonda

SATURDAY

Time	Class	Location	Instructor
7:00-8:00	Cycle	Hall	Jen D.
7:45-8:30	Cardio Kick	Gym	Dawn
7:45-8:30	Tone & Stretch	Studio A/B	Andrea
8:00-9:00	Power Splash	Pool	Rotation
8:30-9:15	Cycle	Hall	Todd
8:35-9:35	Yoga	K4 Area	Jen
8:35-9:15	Zumba Express	Studio A/B	Tera
9:15-9:35	Shape Shoppe	Studio A/B	Tera

SUNDAY

Time	Class	Location	Instructor
9:30-10:30	Cycling	Studio	Tracy
4:15-5:00	Zumba	Studio A/B	Debbie

NOTE:

- Bolded classes are Members only, \$8 per session (\$1 per class) and require a reservation. Reservations can be made at the welcome desk. Community Participants can sign up for all 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 Feith Family Ozaukee YMCA at (262) 268-9622.



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 **Feith Family Ozaukee YMCA at (262) 268-9622**.

