

group exercise

Updated on: 01/21/10

Rite-Hite Family YMCA

Spring I 2/1/2010 thru 3/28/10



MONDAY

Time	Class	Location	Instructor
<u>AM</u>			
5:40-6:40	BodyPUMP	Studio 7	Laura
8:10-9:10	Hi/Lo Aerobics	Studio 7	Mel
8:30-9:00	Resist-A-Ball	Studio6	Amy
9:00-10:15	YGroup Cycling	Cycling Studio	Beth
9:00-9:50	Joint Efforts	North Pool	Ted
9:15-10:15	Cardio Mix-Up	Studio 7	Amy
9:15-10:15	BodyPUMP	Studio6	Karen
9:30-10:20	Joint Efforts plus	North Pool	Kathy
9:30-10:15	Stretch & Flex	Studio2	Mel
10:25-11:25	BodyPUMP	Studio 7	Jacqui
10:40-11:30	AOA Water Aerobics	North Pool	Stacie

Time	Class	Location	Instructor
<u>PM</u>			
1:00-2:00	Silver Sneakers I	Studio 7	Holly
5:25-6:25	Zumba	Studio 7	Kim C
5:25-6:25	BodyPUMP	Studio 6	Cori
5:30-6:30	YGroup Cycling	Cycling Studio	Diane
5:30-6:30	Pilates	Studio 2	Michelle
6:35-7:05	Xpress H.A.B.I.T	Studio 2	Kim C
6:30-7:30	Advanced Step	Studio 6	Lynda
6:30-7:30	BodyPUMP	Studio 7	Megan

TUESDAY

Time	Class	Location	Instructor
<u>AM</u>			
5:30-6:45	YGroup Cycling	Cycling Studio	Megan
6:00-7:00	All level Step	Studio 7	Kim W
8:10-9:10	Intermediate Pilates	Studio 2	Amy
8:10-9:10	Senior Fitness	Studio 7	Karen
9:00-10:15	YGroup Cycling	Cycling Studio	Jim
8:45-9:45	Joint Efforts	North Pool	Karen
9:15-10:15	Zumba	Studio 6	Debbie
9:15-10:15	Muscle Conditioning	Studio 7	Amy
10:00-10:50	MS/Stroke/Spinal class	North Pool	Ivy
10:25-11:25	Silver Sneakers II	Studio 7	Karen
10:25-11:25	Vinyasa Yoga	Studio 2	Cori

11:00-11:50	AOA Water Aerobics	North Pool	Beth
<u>PM</u>			
12:00-12:45	YGroup Cycle	Cycling Studio	Dick
1:00-2:00	SS Yoga Stretch	Studio 7	Michelle
1:30 -3:00	Parkinsons Class	Studio 7	Annie/Terri
4:15-5:15	BodyPUMP	Studio 7	Jeanne
5:25-6:10	Step Xpress/Abs	Studio 7	Jeanne
6:15-7:15	Body Combat	Studio 7	Jacqui
6:30-7:30	YGroup Cycling	Cycling Studio	Jeff
6:00-7:00	Hatha Yoga	Studio 6	Marnie
7:05-8:05	Muscle Conditioning	Studio 6	Lewis

WEDNESDAY

Time	Class	Location	Instructor
<u>AM</u>			
5:30-6:45	YGroup Cycling	Cycling Studio	Laura
5:30-6:30	Cardio Mix-up	Studio 7	Megan
8:30-9:00	Resist-A-Ball	Studio 6	Cori
8:45-9:30	Joint Efforts	North Pool	Kathy
9:10-10:15	YGroup Cycling	Cycling Studio	Cori
9:15-10:15	Body Step	Studio 7	Megan
9:15-10:15	BodyPUMP	Studio 6	Jacqui
9:30-10:20	Joint Efforts plus	North Pool	Kathy
9:30-10:15	Stretch & Flex	Studio 2	Becky
10:25-11:25	BodyPUMP	Studio 7	Becky
10:25-11:25	Body Flow	Studio 2	Megan
10:45-11:35	AOA Water Aerobics	North Pool	Stacie
11:35-12:35	Hatha Yoga	Studio 7	Sue E

Time	Class	Location	Instructor
<u>PM</u>			
1:00-2:00	Silver Sneakers I	Studio 7	Holly
5:25-6:25	Zumba	Studio 7	Nadia
5:30-6:30	Pilates	Studio 2	Mel
6:35-7:30	Body Flow	Studio 2	Sue D
6:30-7:30	Advanced Step	Studio 7	Lynda
6:30-7:30	BodyPUMP	Studio 6	Laura

NOTE:

- Bolded classes are member only classes. Reservation is optional but advised, due to capacity issues.
- \$8/session for each class reserved per week. Reservations can be made at the welcome desk.
- Zumba, Cycling and Body Pump are member only classes..
- 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 **Rite-Hite Family YMCA at (414) 354-9622**.



THURSDAY

Time	Class	Location	Instructor
<u>AM</u>			
5:30-6:45	YGroup Cycling	Cycling Studio	Laura
8:10-9:10	Pilates	Studio 6	Megan
8:10-9:10	Senior Fitness	Studio 7	Mel
9:00-9:50	Joint Efforts	North Pool	Ireene
9:00-10:15	YGroup Cycling	Cycling Studio	Beth
9:15-10:15	Muscle Conditioning	Studio 7	Karen
9:15-10:15	Body Combat	Studio 6	Jacqui
10:00-10:50	MS/Stroke/Spinal	North Pool	Ivy
10:25-11:25	Silver Sneakers II	Studio 7	Karen
10:25-11:25	Body Flow	Studio 2	Heidi
11:00-11:50	AOA Water Aerobics	North Pool	Beth
<u>PM</u>			
1:00-1:45	Silver Sneakers I	Studio 7	Jen
1:30-3:00	Parkinsons Class	Studio 7	Annie/Terri
4:15-5:15	BodyPUMP	Studio 7	Wendy
5:25-6:10	Step Xpress/Abs	Studio 7	Jeanne
6:00-7:00	Power Yoga	Studio 6	Michelle
6:15-7:15	Body Combat	Studio 7	Sarah
6:30-7:30	YGroup Cycling	Cycling Studio	Jeff
7:05-8:05	Muscle Conditioning	Studio 6	Lewis

FRIDAY

Time	Class	Location	Instructor
<u>AM</u>			
5:40-6:40	BodyPUMP	Studio 7	Karen
8:10-9:10	Hi/Lo Aerobics	Studio 7	Kim
8:10-9:10	Pilates Intermediate	Studio 2	Amy
9:00-9:50	Joint Efforts	North Pool	Ted
9:00-10:15	YGroup Cycling	Cycling Studio	Christie
9:15-10:15	Body Step	Studio 7	Megan
9:15-10:15	Muscle Conditioning	Studio 6	Amy
10:25-11:25	BodyPUMP	Studio 7	Megan
10:40-11:30	AOA Water Aerobics	North Pool	Mary Ann
11:35-12:35	Hatha Yoga	Studio 7	Sue E
<u>PM</u>			
1:00-2:00	SS Yoga Stretch	Studio 7	Michelle
6:00-7:00	Zumba	Studio 7	Rotating

SATURDAY

Time	Class	Location	Instructor
<u>AM</u>			
7:00-8:00	BodyPUMP	Studio 7	Rotating
7:00-8:30	YGroup Cycling	Cycling Studio	Rotating
8:10-9:10	Step/Body Step	Studio 7	Rotating
9:15-10:15	Zumba	Studio 7	Rotating
9:00-10:15	YGroup Cycling	Cycling Studio	Laura
9:15-10:15	Body Flow	Studio 6	Lynda
10:25-11:25	BodyPUMP	Studio 7	Rotating

SUNDAY

Time	Class	Location	Instructor
<u>AM</u>			
9:00-10:00	YGroup Cycling	Cycling Studio	Jim/Sarah
10:15-11:15	BodyPUMP	Studio 7	Rotating
11:20-12:20	Body Combat	Studio 7	Sam
<u>PM</u>			
12:30-1:30	Body Flow	Studio 7	Sam

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