



## Spring 2 2010 3/29/10- 5/30/10

Updated on: 3/19/2010 12:10 PM

### 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  | <b>BodyPUMP</b>    | Studio6        | Megan      |
| 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     | Mary Ann   |

| 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 | <b>BodyPUMP</b>      | Studio 6       | Cori       |
| 5:30-6:30 | YGroup Cycling       | Cycling Studio | Diane      |
| 5:30-6:30 | <b>Pilates</b>       | Studio 2       | Michelle   |
| 6:35-7:05 | Xpress H.A.B.I.T     | Studio 2       | Kim C      |
| 6:30-7:30 | <b>Advanced Step</b> | Studio 6       | Lynda      |
| 6:30-7:30 | BodyPUMP             | Studio 7       | Wendy      |
| 7:35-8:30 | Zumba                | Studio 7       | TBD        |

### 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   | <b>Intermediate Pilates</b> | 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 | <b>Vinyasa Yoga</b>   | 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       | Kerry       |
| 6:30-7:30   | <b>YGroup Cycling</b> | 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      |
| 5:35-6:35   | Cardio Mix-up        | Studio 7       | Megan      |
| 8:10-9:10   | Hi/Lo Aerobics       | Studio 7       | Heidi      |
| 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  | <b>Body Step</b>     | Studio 7       | Megan      |
| 9:15-10:15  | <b>BodyPUMP</b>      | Studio 6       | Karen      |
| 9:30-10:20  | Joint Efforts plus   | North Pool     | Kathy      |
| 9:30-10:15  | Stretch & Flex       | Studio 2       | Heidi      |
| 10:25-11:25 | BodyPUMP             | Studio 7       | Jacqui     |
| 10:25-11:25 | <b>Body Flow</b>     | Studio 2       | Megan      |
| 10:40-11:30 | AOA Water Aerobics   | North Pool     | Stacie     |
| 11:35-12:35 | Hatha Yoga           | Studio 7       | Sue E      |
| <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   | <b>Pilates</b>       | Studio 2       | Mel        |
| 6:35-7:30   | <b>Body Flow</b>     | Studio 2       | Sue D      |
| 6:30-7:30   | <b>Advanced Step</b> | Studio 7       | Lynda      |
| 6:30-7:30   | BodyPUMP             | Studio 6       | Laura      |
| 7:35-8:30   | Zumba                | Studio 7       | Marcel     |

#### 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.**



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1:00-2:00 SS Yoga Stretch Studio 7  
6:00-7:00 Zumba Studio 7

### 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 | Kim W       |
| 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 | <b>Body Flow</b>      | 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       | Jan         |
| 1:30-3:00   | Parkinsons Class      | Studio 7       | Annie/Terri |
| 4:15-5:15   | BodyPUMP              | Studio 7       | Cori/Wendy  |
| 5:25-6:10   | Step Xpress/Abs       | Studio 7       | Jeanne      |
| 6:00-7:00   | Power Yoga            | Studio 2       | Michelle    |
| 6:15-7:15   | Body Combat           | Studio 6       | Sarah       |
| 6:30-7:30   | <b>YGroup Cycling</b> | Cycling Studio | Jeff        |
| 7:00-8:00   | Muscle Conditioning   | Studio 7       | 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 W      |
| 8:10-9:10   | <b>Pilates Intermediate</b> | 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  | <b>Body Step</b>            | 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     | Laura      |
| 11:35-12:35 | <b>Hatha Yoga</b>           | Studio 7       | Sue E      |
| <u>PM</u>   |                             |                |            |

### 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  | <b>YGroup Cycling</b> | 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        |

