



Updated on: 02/18/10

#### MONDAY

Time	Class	Location	Instructor
<b>AM</b>			
8:00-8:45	Silver Sneakers I	Group Fitness Studio	Mary
8:35-9:30	Aqua Power	Large Pool	Jean
9:00-10:00	Body Blast	Group Fitness Studio	Mary
9:45-10:30	Aqua Fusion	Large Pool	Annette
10:15-11:00	AOA Strength	Group Fitness Studio	Sharon
11:30-12:15	Silver Sneakers II	Group Fitness Studio	Cathy
<b>PM</b>			
12:25-1:10	SS Yogastretch	Group Fitness Studio	Cathy
12:30-1:15	AOA Water	Large Pool	Win
1:15-2:15	Tai Chi	Group Fitness Studio/ Spirit Studio	Cathy
4:45-5:10	Extreme Abs	Group Fitness Studio	Kim
5:20-5:50	YGroup Cycling	Cycling Studio	Kim
5:25-6:25	BodyPUMP	Group Fitness Studio	Mary
6:00-6:45	YGroup Cycling	Cycling Studio	Sharon
6:35-7:35	Step Aerobics	Group Fitness Studio	Amy
6:40-7:30	Aqua Mix	Large Pool	Tracy
6:30-7:30	Zumba	Gym/ south	Nadia
7:00-8:15	TriClub Cycling	Cycling Studio	Tori
7:45-8:45	Yoga	Group Fitness Studio	Natasha
8:30-9:30	Tri Club Swim	Large Pool	Tori

#### TUESDAY

Time	Class	Location	Instructor
<b>AM</b>			
5:45-6:45	BodyPUMP	Group Fitness Studio	Tori
8:30-9:30	Daybreak Yoga	Group Fitness Studio	Hope
8:35-9:30	Aqua Power	Large Pool	Jean
9:45-10:45	BodyPUMP	Group Fitness Studio	Tori
11:00-11:45	Silver Sneakers II	Group Fitness Studio	Kim K.
11:00-11:45	YGroup Cycling	Cycling Studio	Tori
12:00-12:45	Zumba	Group Fitness Studio	Karen
<b>PM</b>			
12:30-1:15	AOA Water	Large Pool	Win
4:30-5:15	Mat Pilates	Group Fitness Studio	Kellie
5:00-5:50	Aqua Power	Large Pool	Shannon
5:00-5:45	YGroup Cycling	Cycling Studio	Kris
5:30-6:30	Step Aerobics	Group Fitness Studio	Mary
6:00-6:25	Extreme Abs	Teen Center South	Kim
6:00-6:45	YGroup Cycling	Cycling Studio	Roy
6:15-7:15	Zumba	Gym/ South	Kathleen
6:35-7:35	Yoga	Spirit Studio	Michael
7:30-8:30	Cardio Kickboxing	Gym/ South	Tony

#### WEDNESDAY

Time	Class	Location	Instructor
<b>AM</b>			
8:00-8:45	Silver Sneakers I	Group Fitness Studio	Mary
8:30-9:15	YGroup Cycling	Cycling Studio	Sharon
8:45-9:30	Aqua Power	Large Pool	Annette
9:35-10:30	Aqua Fusion	Large Pool	Annette
9:00-10:00	Body Blast	Group Fitness Studio	Mary
10:15-11:00	AOA Strength	Group Fitness Studio	Christine
11:30-12:15	Silver Sneakers II	Group Fitness Studio	Cathy
<b>PM</b>			
12:25-1:10	SS Yogastretch	Group Fitness Studio	Cathy
5:15-6:15	YGroup Cycling	Cycling Studio	Carol
5:25-6:25	BodyPUMP	Group Fitness Studio	Mary
6:35-7:35	Step Aerobics	Group Fitness Studio	Amy
6:40-7:30	Aqua Mix	Large Pool	Tracy
7:45-8:45	Yoga	Group Fitness Studio	Natasha

#### THURSDAY

Time	Class	Location	Instructor
<b>AM</b>			
5:45-6:45	BodyPUMP	Group Fitness Studio	Tori
8:35-9:30	Aqua Power	Large Pool	Jennifer
10:15-11:00	Silver Sneakers I	Group Fitness Studio	Christine
<b>PM</b>			
12:30-1:15	AOA Water	Large Pool	Win
4:30-5:00	Awesome Arms	Group Fitness Studio	Kim
5:00-5:50	Aqua Power	Large Pool	Shannon
5:00-5:45	YGroup Cycling	Cycling Studio	Karl
5:30-6:30	Step Aerobics	Group Fitness Studio	Mary
6:00-6:25	Extreme Abs	Teen Center South	Karl
6:00-6:45	New To Cycling	Cycling Studio	Roy/ Allison
6:15-7:15	Zumba	Gym—north	Nadia
7:30-8:30	Cardio Kickboxing	Gym—north	Tony

#### FRIDAY

Time	Class	Location	Instructor
<b>AM</b>			
8:35-9:30	Aqua Power	Large Pool	Greg
9:15-10:00	Silver Sneakers I	Group Fitness Studio	Christine
9:35-10:30	Aqua Fusion	Large Pool	Sandi
10:15-11:00	AOA Strength	Group Fitness Studio	Christine

## SATURDAY

Time	Class	Location	Instructor
AM			
7:00-7:45	Cardio Kickboxing	Group Fitness Studio	Tony/ Jenny
8:00-9:00	BodyPUMP	Group Fitness Studio	Kurt
8:00-9:00	Zumba—new time!	Gym/South	Kathleen
8:00-8:45	Water Fitness	Large Pool	Kim
9:15-10:00	YGroup Cycling	Cycling Studio	Michelle
9:15-10:00	BodyPUMP	Group Fitness Studio	Kim

## SUNDAY

Time	Class	Location	Instructor
AM			
10:15-11:00	YGroup Cycling	Cycling Studio	Carol

### Notes:

- **Orientations for BodyPUMP at 9 am, Y Cycling at 10:05 am, and Step at 1pm Saturday, February 6 and Saturday ,March 6, 2010 at South Shore YMCA.**
- **New Cycling Studio and Spirit Studio for classes!**
- **Indoor Triathlon: Sunday, February 14, 2010. First heat starts at 7am.**
- **Water Fitness classes resume on February 1, 2010**
  
- **Salsa for Strong Kids at Warehouse, 818 S. Water St, Milwaukee. Fri., Feb. 26, 2010, 7:30 pm - 1 am. Pre-event tickets are \$20/ \$25 at the door.**
  
- **Potisk Chiropractic and Wellness Center will be offering a monthly series of informational workshops. There is a \$5.00 charge per session—refreshments will be served. The first of this series is on Monday, Jan. 25, 2010 at 6:30 pm at South Shore YMCA: “ Lose Weight and Keep It Off ”. Register at the front desk or call 414-571-9622.**

### NOTE:

- 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 **South Shore YMCA at (414) 571-9622**.

