



MONDAY

Time	Class	Location	Instructor
AM			
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
PM			
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	Laura
5:20-5:50	HeartZones Cycling	Cycling Studio	Ron
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
AM			
5:45-6:45	BodyPUMP	Group Fitness Studio	Tori
8:30-9:30	Yoga	Group Fitness Studio	Mix
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
PM			
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	Jennifer
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	Body Studio	Laura
6:00-6:45	YGroup Cycling	Cycling Studio	Roy
6:15-7:15	Zumba	Gym/ South	Kathleen
6:35-7:35	Yoga	Body Studio	Michael
7:30-8:30	Aqua Zumba 01104-39	Large Pool	Kathleen
7:30-8:30	Cardio Kickboxing	Gym/ South	Tony

WEDNESDAY

Time	Class	Location	Instructor
AM			
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
PM			
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
6:35-7:05	YGroup Cycling	Cycling Studio	Lynette
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
AM			
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
PM			
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	Jennifer
5:00-5:45	YGroup Cycling	Cycling Studio	Karl
5:30-6:30	Step Aerobics	Group Fitness Studio	Mary

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



6:00-6:25	Extreme Abs	Teen Center South	Laura
6:00-6:45	New To Cycling	Cycling Studio	Roy/ Allison
6:15-7:15	Zumba	Gym—north	Nadia
7:30-8:30	Aqua Zumba #01104-40 Large Pool		Kathleen
7:30-8:30	Cardio Kickboxing	Gym—north	Tony

FRIDAY

Time	Class	Location	Instructor
AM			
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	Gym/South	Kathleen
8:00-8:45	Water Fitness	Large Pool	Kim
9:15-10:00	YGroup Cycling	Cycling Studio	Michelle
9:15-10:15	BodyPUMP	Group Fitness Studio	Kim

SUNDAY

Time	Class	Location	Instructor
AM			
10:15-11:00	YGroup Cycling	Cycling Studio	Carol
11:15-12:00	HeartZone Cycling	Cycling Studio	Ron
PM			
12:15-1:00	Cardio Kickboxing	Group Fitness Studio	Jenny*

***This class starts on Sunday, May 16, 2010**

