



Updated on: 01/25/10

MONDAY

Time	Class	Location	Instructor
5:15-5:45 am	Absolution	Multi-purpose Rm	Mary L.
5:45-6:45 am	BODYSTEP™	Multi-purpose Rm	Karen M.
6:00-6:45 am	Group Cycling	Track	Dorothy
8:00-9:00 am	AOA Gym	Lower Gym	Patty V.
8:15-9:00 am	Fit Ball	Multi-purpose Rm	Lori
8:30-9:15 am	AOA Water	Large Pool	Veronica
9:30-10:15 am	Power Splash	Large Pool	Veronica
9:15-10:15 am	BODYSTEP™	Multi-purpose Rm	Jennifer
9:30-10:15 am	Group Cycling	Track	Susan
10:30-11:15 am	AOA Water	Large Pool	Elizabeth
10:30-11:30 am	BODYPUMP™	Multi-purpose Rm	Lori
11:45-12:45 pm	Beginning Yoga	Multi-purpose Rm	Nancy
1:00-1:45 pm	Silver Snkr.		
	YogaStretch	Multi-purpose Rm	Nancy
1:00-1:45 pm	AOA Water	Large Pool	Kim
4:45-5:15pm	Absolution	Mini Gym	Glenn
4:45-5:45 pm	BODYVIVE™	Multi-purpose Rm	Kim K.
5:30-6:15 pm	Group Cycling	Track	Nicole Z.
5:30-6:30 pm	Pilates	Mini Gym	Glenn
6:00-6:45 pm	Power Splash	Large Pool	Kim
6:00-7:00 pm	BODYSTEP™	Multi-purpose Rm	Ann
6:30-7:15 pm	Group Cycling	Track	Susan
6:45-7:30 pm	Deep Water	Large Pool	Kim
6:45-7:45 pm	BODYATTACK™-	Mini Gym	ThuVan
7:20-8:20 pm	BODYPUMP™	Multi-purpose Rm	Amy

TUESDAY

Time	Class	Location	Instructor
5:30-6:30 am	BODYPUMP™	Multi-purpose Rm	Dorothy
6:00-6:45 am	Group Cycling	Track	Nicole Z.
8:00-8:45 am	Strength & Stability	Multi-purpose Rm	Patty V.
8:00-9:00 am	SilverSnkers MSROM	Upper Gym	Lydia
8:30-9:15 am	AOA Water	Large Pool	Veronica
8:45-9:15am	Absolution	Multi-purpose Rm	Jessica M.
9:00-10:00 am	SilverSnkers MSROM	Upper Gym	Patty V.
9:15-10:15 am	ZUMBA™	Multi-purpose Rm	Jessica M.
9:30-10:15 am	Deep Water	Large Pool	Cathy
9:30-10:15 am	Group Cycling	Track	Amy
10:30-11:15 am	Power Splash	Large Pool	Susan
10:30-11:30 am	BODYVIVE™	Multi-purpose Rm	Sarah
11:45-1:00pm	Line Dancing	Multi-purpose Rm	Carol
1:30-2:30 pm	SilverSnkers MSROM	Multi-purpose Rm	Cristina

Tuesday continued

Tuesday continued:

Time	Class	Location	Instructor
4:15-5:15 pm	BODYPUMP™	Multi-purpose Rm	Ann
5:15-6:15 pm	BODYVIVE™	Mini Gym	Kim
5:30-6:15 pm	Group Cycling	Track	Bonnie
5:30-6:15 pm	H.A.B.I.T	Multi-purpose Rm	Shery
5:45-6:30pm	Power Splash	Large Pool	Amy D
6:30-7:15 pm	Group Cycling	Track	Traci
6:30-7:30 pm	BODYPUMP™	Multi-purpose Rm	Wendy
6:30-7:30 pm	Yoga	Mini Gym	Glenn
7:45-8:45 pm	BODYFLOW™	Multi-purpose Rm	Kim W.

WEDNESDAY

Time	Class	Location	Instructor
5:45-6:45 am	Boot Camp	Multi-purpose Rm	Karen
6:00-6:45 am	Group Cycling	Track	Carolyn
8:00-9:00 am	Pilates	Mini Gym	Bonnie
8:00-9:00 am	AOA Gym	Lower Gym	Veronica
8:15-9:00am	ZUMBA™	Multi-purpose Rm	Jessica M
8:30-9:15 am	AOA Water	Large Pool	Nina
9:30-10:15 am	Power Splash	Large Pool	Susan
9:15-10:15 am	BODYSTEP™	Multi-purpose Rm	Patty G.
9:15-10:15 am	Extreme Cycle	Track	Lauren
10:00-11:00am	SilverSneakers CC	Upper Gym	Nina
10:30-11:15am	AOA Water	Large Pool	Kim
10:30-11:30 am	BODYPUMP™	Multi-purpose Rm	Patty G.
11:45-12:30pm	SilverSnkers		
	YogaStrtch	Multi-purpose Rm	Kim K
12:45-1:45 pm	BODYPUMP™	Multi-purpose Rm	Lori
1:00-1:45 pm	AOA Water	large Pool	Kim
2:00-3:00 pm	Yoga	Multi-purpose Rm	Lori
4:45-5:45 pm	PiYo™	Multi-purpose Rm	Bonnie K.
5:00-6:00 pm	ZUMBA™	Upper Gym	Amanda
5:30-6:15 pm	Group Cycling	Track	Susan
6:00-7:00 pm	BODYSTEP™	Multi-purpose Rm	Pam M.
6:30-7:15 pm	Group Cycling	Track	Eileen
7:20-8:20 pm	BODYPUMP™	Multi-purpose Rm	Pam M

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NOTE:

- Bolded classes are member only, reservation required, \$8 once a week for each session. Reservations can be made at the welcome desk.
- Zumba, Cycling, Body Pump are member only classes.
- Community Participants can sign up for all other classes at \$72/session for classes that meet one time per week.

Group exercise class descriptions can be found in the program and membership catalog on **pages 35-39**. For more information call the **Southwest YMCA at (414) 546-9622**.



THURSDAY

Time	Class	Location	Instructor
5:30-6:30 am	BODYPUMP™	Multi-purpose Rm	Dorothy
6:00-6:45 am	Group Cycling	Track	Eileen
8:00-9:00am	20-20-20	Multi-purpose Rm	Jeri G.
8:00-9:00 am	SilverSneakers	MSROM Upper Gym	Lydia
8:30-9:15 am	AOA Water	Large Pool	Veronica
9:15-10:15 am	BODYVIVE™	Multi-purpose Rm	Sarah
9:30-10:15 am	Deep Water	Large Pool	Veronica
9:30-10:15 am	Group Cycling	Track	Susan
10:30-11:15 am	Power Splash	Large Pool	Susan
10:30-11:30 am	AOA Line Dance	Multi-purpose Rm	Polly
11:30-12:15 pm	Special Needs Water	Large Pool	Cathy
11:45-12:45 pm	YOGA	Multi-purpose Rm	Amy A
1:30-2:30 pm	SilverSneakers	MSROM Multi-purpose Rm	Kim K.
4:15-5:15 pm	BODYPUMP™	Multi-purpose Rm	Wendy
5:30-6:15 pm	BODYATTACK™	Multi-purpose Rm	Pam M
5:30-6:15 pm	H.A.B.I.T	Mini Gym	Glenn
5:30-6:15 pm	Group Cycle	Track	Lisa
5:45-6:30 pm	Power Splash	Large Pool	Amy W
6:30-7:30 pm	BODYFLOW™	Mini Gym	Lisa
6:30-7:30 pm	ZUMBA™	Upper Gym	Amanda/Mandy
6:30-7:30pm	BODYPUMP	Multi-purpose Rm	ThuVan
7:45-8:30pm	Boot Camp	Multi-purpose Rm	Shayla

FRIDAY

Time	Class	Location	Instructor
5:45-6:45 am	BODYSTEP™	Multi-purpose Rm	Karen M.
6:00-6:45 am	Group Cycling	Track	Dorothy
8:00-9:00 am	AOA Gym	Lower Gym	Patty V.
8:00-9:00 am	Yoga	Multi-purpose Rm	Nancy
8:30-9:15 am	Deep Water	Large Pool	Nina
9:30-10:15 am	Power Splash	Large Pool	Cathy
9:15-10:15 am	BODYSTEP™	Multi-purpose Rm	Thu Van
9:30-10:15 am	Group Cycling	Track	Amy D.
10:00-11:00am	SilverSneakers CC	Upper Gym	Nina
10:30-11:15am	AOA Water	Large Pool	Cathy
10:30-11:30 am	BODYPUMP™	Multi-purpose Rm	Amy
11:45-12:45 pm	ZUMBA™	Multi-purpose Rm	Margaret
4:15-5:15pm	BODYSTEP™	Multi-purpose Rm	Pam S
6:30-7:30pm	ZUMBA	Multi-purpose Rm	Lisa/Mandy

SATURDAY

Time	Class	Location	Instructor
7:00-7:45 am	Group Cycling	Track	Gene
8:00-8:45 am	Group Cycling	Track	Eileen
8:00-9:00 am	Power Splash	Large Pool	Mary T
8:00-9:00 am	Step n' Sculpt	Multi-purpose Rm	Ann
8:45-9:45am	Yoga	Mini Gym	Maria
9:15-10:15 am	BODYPUMP™	Multi-purpose Rm	Ann
10:00-11:00 am	*Cycle/PUMP	Track/Multi-purpose	Eileen/Wendy

SUNDAY

Time	Class	Location	Instructor
8:30-9:30am	Family BODYVIVE™	Multi-purpose Rm	Eileen
Note:	(Vive and Zumba will alternate every other week)		
	Zumba starts Feb. 7th		
8:30-9:15 am	Family ZUMBA™	Multi-purpose Rm	Margaret
9:45-10:45 am	BODY ATTACK™	Multi-purpose Rm	ThuVan
9:45-10:45 am	Adult/Child Yoga	Mini Gym	Amy A.
11:15-12:00 pm	Group Cycling	Track	Amy A.
11:00-12:00 pm	BODYPUMP™	Multi-purpose Rm	ThuVan

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 \$72/session for one class a week.

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