

group exercise

Updated on: 2/9/10
Subject To Additional Changes

Tri-County YMCA

Spring 1: February 1—March 28



MONDAY

Time	Class	Location
5:45-6:35 AM	Y-Cycling	Cycling Studio
6:00-7:00 AM	BodyPump	West Room
8:00-8:45 AM	SS Cardio Circuit	Gym
8:00-8:45 AM	BodyPump Express	West Room
9:00-9:45 AM	Deep Water	Pool
9:00-9:50 AM	Y-Cycling	Cycling Studio
9:00-10:00 AM	Step Selection	West Room
9:00-10:00 AM	*Continuing Yoga	Multipurpose Room
9:00-10:00 AM	BodyVive	Gym
10:00-10:50 AM	Y-Cycling	Cycling Studio
10:00-11:00 AM	*BodyFlow	Multipurpose Room
10:05-11:05 AM	BodyPump	West Room
10:15-12:00 PM	AOA Combo	Gym/Pool
11:10-12:10 PM	*AOA Yoga	Multipurpose Room
12:00-1:00 PM	BodyPump	West Room
2:00-2:45 PM	AOA Water	Pool
4:15-5:00 PM	*Yogilates	Multipurpose Room
4:30-5:20 PM	Y-Cycling	Cycling Studio
5:00-6:00 PM	*BodyFlow	Multipurpose Room
5:30-6:20 PM	*Y-Cycling	Cycling Studio
5:30-6:30 PM	BodyVive	Gym
5:45-6:45 PM	BodyStep	West Room
6:15-7:15 PM	*BodyFlow	Multipurpose Room
6:30-7:20 PM	Y-Cycling	Cycling Studio
6:30-7:30 PM	Boot Camp	Gym
7:00-8:00 PM	BodyPump	West Room
7:30-8:30 PM	*BodyFlow	Multipurpose Room
8:05-9:05 PM	Zumba	West Room

TUESDAY

Time	Class	Location
5:45-6:45 AM	Y-Cycling	Cycling Studio
6:00-7:00 AM	BodyStep	West Room
7:50-8:50 AM	BodyPump	West Room
8:00-8:45 AM	SilverSneakers Stretch	Gym
9:00-9:50 AM	*Y-Cycling	Cycling Studio
9:00-10:00 AM	BodyVive	Gym
9:00-10:00 AM	*Yoga Core	Multipurpose Room

TUESDAY—Continued

Time	Class	Location
9:00-9:45 AM	Shallow Water	Pool
9:00-10:00 AM	BodyPump	West Room
10:05-11:05 AM	*BodyFlow	Multipurpose Room
10:05-11:05 AM	Boot Camp	Gym
10:05-11:05 AM	Bosu Blast	West Room
11:15-12:00 PM	SS MSROM	Gym
2:00-2:45 PM	AOA Water	Pool
5:00-6:00 PM	BodyPump	West Room
5:30-6:30 PM	Continuing Yoga	Multipurpose Room
5:00-5:45 PM	Bosu Blast	Gym
5:45-7:15 PM	Y-Super Cycling	Cycling Studio
6:00-6:45 PM	Deep Water	Pool
6:10-7:10 PM	BodyStep	West Room
6:30-7:30 PM	*Yogilates	Multipurpose Room
6:30-7:30 PM	Zumba	Gym
7:30-8:30 PM	*Yoga Blend	Multipurpose Room

WEDNESDAY

Time	Class	Location
5:45-6:35 AM	Y-Cycling	Cycling Studio
6:00-7:00 AM	BodyPump	West Room
8:00-8:45 AM	BodyPump Express	West Room
8:00-8:45 AM	SS CardioCircuit	Gym
8:00-9:00 AM	*BodyFlow	Multipurpose Room
9:00-9:45 AM	Deep Water	Pool
9:00-10:00 AM	Y-Cycling	Cycling Studio
9:00-10:00 AM	*Yoga	Multipurpose Room
9:00-10:00 AM	BodyStep	West Room
9:00-10:00 AM	BodyVive	Gym
10:00-11:00 AM	*BodyFlow	Multipurpose Room
10:05-11:05 AM	BodyPump	West Room
10:15-12:00 PM	AOA BodyVive Express/Combo	Gym/Pool
11:00-12:00 PM	*Restorative Yoga	Multipurpose Room
12:00-1:00 PM	BodyPump	West Room
2:00-2:45 PM	AOA Water	Pool
4:05-5:05 PM	BodyPump	West Room
5:15-6:00 PM	Y-Cycling	Cycle Studio

NOTE:

- Asterisk (*) classes are member only. Reservation required and made by paying \$8per class per session. Reservations can be made at the welcome desk. Classes marked triple asterisk (***) have special pricing. Please see the front desk for details.
- Zumba, Cycling, Body Pump are member only classes due to capacity issues.
- SilverSneaker I is now referred to as SS MSROM (SilverSneakers Muscular Strength and Range of Motion) and SilverSneakers II is now referred to as SS Cardio Circuit.
- 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 **Tri-County YMCA at (262) 255-9622**.



WEDNESDAY-Continued

Time	Class	Location
5:30-6:30 PM	*Yoga	Multipurpose Room
5:45-6:45 PM	BodyVive	West Room
5:45-6:45 PM	Kick 'n Mix	Gym
6:30-7:30 PM	*Power Yoga for Athletes	Multipurpose Room
7:00-8:00 PM	Zumba	Gym
7:00-8:00 PM	BodyPump	West Room
7:30-8:30 PM	*BodyFlow	Multipurpose Room

THURSDAY

Time	Class	Location
5:45-6:45 AM	Y-Cycling	Cycling Studio
6:00-7:00 AM	Zumba	West Room
7:50-8:50 AM	BodyPump	West Room
8:00-8:45 AM	SilverSneakers Stretch	Gym
9:00-9:45 AM	Shallow Water	Pool
9:00-10:00 AM	Fit Mix	Gym
9:00-9:50 AM	Y-Cycling	Cycling Studio
9:00-10:00 AM	*BodyFlow	Multipurpose Room
9:00-10:00 AM	BodyPump	West Room
10:00-10:50AM	Y-Cycling	Cycling Studio
10:05-10:35AM	Extreme Core	Gym
10:00-11:00AM	*Yoga	Multipurpose Room
10:05-11:05AM	Bosu Blast	West Room
11:00-12:00PM	*BodyFlow	Multipurpose Room
11:05-12:05PM	Zumba	West Room
11:15-12:00PM	SS MSROM	Gym
2:00-2:45 PM	AOA Water	Pool
4:30-5:20 PM	Y-Cycling	Cycling Studio
5:30-6:30 PM	*BodyFlow	Multipurpose Room
5:30-6:20 PM	*Y-Cycling	Cycling Studio
5:30-6:30 PM	BodyStep	West Room
6:00-6:45 PM	Deep Water	Pool
6:30-7:30 PM	*Pilates	Multipurpose Room
6:40-7:30 PM	Y-Cycling	Cycling Studio
6:40-7:40 PM	BodyPump	West Room
7:30-8:30 PM	*BodyFlow	Multipurpose Room

FRIDAY

Time	Class	Location
5:45-6:35 AM	Y-Cycling	Cycling Studio
6:00-7:00 AM	*Yoga	Multipurpose Room
6:00-7:00 AM	BodyPump	West Room
8:00-8:45 AM	SS MSROM	Gym
8:00-9:00 AM	*BodyFlow	Multipurpose Room
8:45-10:00 AM	Y-Cycling Plus	Cycling Studio
9:00-9:45 AM	Deep Water	Pool
9:00-10:00 AM	*Yoga	Multipurpose Room
9:00-10:10 AM	Step Selection	West Room
9:00-10:00 AM	Fit Mix	Gym
10:00-11:00 AM	*Yoga/Pilates	Multipurpose Room
10:15-11:15 AM	*BodyFlow	West Room
10:15-12:00 PM	AOA Combo	Gym/Pool
11:00-12:00 PM	***Adaptive Yoga	Multipurpose Room
11:30-12:30 PM	BodyPump	West Room
5:30-6:15 PM	*Kid Yoga	Multipurpose Room
5:30-6:30 PM	BodyPump	West Room
6:30-7:30 PM	*YogaBlend	Multipurpose Room
6:30-7:30 PM	Zumba	West Room
6:45-7:35 PM	Y-Cycling	Cycling Studio
7:30-8:30 PM	Family Zumba	West Room

SATURDAY

Time	Class	Location
6:45-7:35 AM	Y-Cycling	Cycling Studio
7:00-8:00 AM	BodyPump	West Room
8:00-9:00 AM	Zumba	Gym
8:00-8:45 AM	Water Exercise Selection	Pool
8:00-9:00 AM	*BodyFlow	Multipurpose Room
8:00-9:00 AM	Step Selection	West Room
8:00-8:50 AM	Y-Cycling	Cycling Studio
9:00-10:00 AM	BodyPump	West Room
9:00-10:15 AM	Y-Cycling Plus	Cycling Studio
9:00-10:00 AM	*Yoga	Multipurpose Room
9:05-10:05 AM	Kick 'n Mix	Gym

SUNDAY

Time	Class	Location
8:30-10:00 AM	Y-Super Cycling	Cycling Studio
10:15-11:15 AM	BodyPump	West Room
11:30-12:30 PM	BodyStep	Gym
11:30-1:30 PM	*Cycling/Yoga Combo	Cycle Studio/Multipurpose Room
2:00-3:00 PM	BodyPump	West Room

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