

group exercise

Tri-County YMCA



Spring II March 29-May 30

Updated on: 5/3/10
Subject to additional changes.

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 MSROM	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
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
5:45-7:15	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
9:00-9:45	AM Deep Water	Pool
9:00-10:00	AM Y-Cycling	Cycling Studio
9:00-10:00	AM *Continuing 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
4:15-5:15	PM BodyPump	West Room
5:30-6:20	PM Y-Cycling	Cycle Studio
5:30-6:30	PM *Yoga	Multipurpose Room

NOTE:

- Asterisk (*) classes are member only. Reservation required and made by paying \$8 per 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**.



Time	Class	Location
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

Friday—Continued

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
2:00-3:00 PM	BodyPump	West Room

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