

group exercise

Revision 5-22-10
Subject to further revisions.

Tri-County YMCA

SUMMER

June 7-August 30, 2010



MONDAY

Time	Class	Location
5:45-6:35 AM	Y-Cycling	Cycling Studio
6:00-7:00 AM	BodyFlow # 0112372	Multipurpose Room
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 #01123-02	Multipurpose Room
9:00-10:00 AM	BodyVive	Gym
10:00-11:00 AM	*BodyFlow #1123-03	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 #00023-20	Multipurpose Room
12:00-1:00 PM	BodyPump	West Room
2:00-2:45 PM	AOA Water	Pool
4:30-5:20 PM	Y-Cycling	Cycling Studio
5:00-6:00 PM	*BodyFlow #01123-05	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 #01123-06	Multipurpose Room
6:30-7:30 PM	Boot Camp	Gym
7:00-8:00 PM	BodyPump	West Room
7:30-8:30 PM	*BodyFlow #01123-07	Multipurpose Room
8:05-9:05 PM	Zumba	West Room

TUESDAY

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	*Yoga Core #01123-09	Multipurpose Room
9:00-9:45 AM	Shallow Water	Pool
9:00-10:00 AM	BodyPump	West Room
10:05-11:05 AM	*BodyFlow #01123-08	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

Tuesday-Continued

Time	Class	Location
5:30-6:30 PM	*Continuing Yoga #01123-10	Multipurpose Room
5:30-6:20 PM	Y-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 #01123-14	Multipurpose Room
6:30-7:30 PM	Zumba	Gym
7:30-8:30 PM	*Yoga Blend #01123-15	Multipurpose Room

WEDNESDAY

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 #01123-19	Multipurpose Room
9:00-10:00 AM	BodyStep	West Room
9:00-10:00 AM	BodyVive	Gym
10:00-11:00 AM	*Restorative Yoga #01123-24	Multipurpose Room
10:05-11:05 AM	BodyPump	West Room
10:15-12:00 PM	AOA BodyVive Express/Combo	Gym/Pool
12:00-1:00 PM	BodyPump	West Room
2:00-2:45 PM	AOA Water	Pool
4:15-5:15 PM	BodyPump	West Room
5:30-6:30 PM	*Yoga #01123-25	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 #01123-41	Multipurpose Room
7:00-7:50 PM	Y-Cycling	Cycle Studio
7:00-8:00 PM	Zumba	Gym
7:00-8:15 PM	BodyPump Plus	West Room
7:30-8:30 PM	*BodyFlow #01123-26	Multipurpose Room

THURSDAY

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



Thursday-Continued

Time	Class	Location
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 #01123-27	Multipurpose Room
9:00-10:00 AM	BodyPump	West Room
10:05-10:35AM	Extreme Core	Gym
10:00-11:00AM	*Yoga #01123-28	Multipurpose Room
10:05-11:05AM	Bosu Blast	West Room
11:00-12:00PM	*BodyFlow #01123-29	Multipurpose 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 #01123-31	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	*Power Pilates #01123-32	Multipurpose Room
6:40-7:40 PM	BodyPump	West Room
7:30-8:30 PM	*BodyFlow #01123-33	Multipurpose Room

FRIDAY

5:45-6:35 AM	Y-Cycling	Cycling Studio
6:00-7:00 AM	*Yoga #01123-34	Multipurpose Room
6:00-7:00 AM	BodyPump	West Room
8:00-8:45 AM	SS MSROM	Gym
8:00-9:00 AM	*BodyFlow #01123-35	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 #01123-36	Multipurpose Room
9:00-10:10 AM	Step Selection	West Room

Friday-Continued

Time	Class	Location
9:00-10:00 AM	Fit Mix	Gym
10:00-11:00 AM	*Yoga/Pilates #01123-37	Multipurpose Room
10:15-11:15 AM	*BodyFlow #01123-38	West Room
10:15-12:00 PM	AOA Combo	Gym/Pool
11:00-12:00 PM	***Adaptive Yoga #01123-39	Multipurpose Room
11:30-12:30 PM	BodyPump	West Room
5:30-6:15 PM	*Kid Yoga #01123-50	Multipurpose Room
5:30-6:30 PM	BodyPump	West Room
6:30-7:30 PM	*Yoga Blend #01123-51	Multipurpose Room
6:30-7:30 PM	Zumba	West Room
7:30-8:30 PM	Family Zumba	West Room

SATURDAY

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 #01123-52	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
9:00-10:00 AM	*Yoga #01123-70	Multipurpose Room
9:05-10:05 AM	Kick 'n Mix	Gym

SUNDAY

9:00—10:00 AM	Y-Cycling	Cycling Studio
10:15-11:15 AM	BodyPump	West Room

NOTE:

- Bolded and asterisk classes (*) run from June 7th-August 30th. These classes are fee based at a cost of \$12 per class per session. Please see the front desk for details and registration.
- Bolded and triple asterisk classes (***) run from June 7th-August 30th. These classes are fee based at a cost of \$60 per class per session. Please see the front desk for details and registration.
- Classes ending in "Plus" indicate that they include 15 minutes of post core work and/OR additional stretching.
- For more information call the **Tri-County YMCA at (262) 255-9622.**

