

# YGROUP EXERCISE

We build strong kids, strong families, strong communities

(W) Water

\* extra registration & fee required

WC - wellness center

## Group Exercise Schedule January 6th - February 23rd

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Cycle 45 Laura	Cycle 45 Jill	Group Power Claudia	Cycle 45 Jill	Group Power Julie S.	
8:00 AM		Hydro-Fit (W) Wendy		Hydro-Fit (W) Wendy		
8:30 AM	Simple Step Chris		Back to Basics Chris	Group Power Laura	Circuit Express Chris in WC	Core and More Julie S.
9:00 AM	Hydro-Fit (W) Wendy	Deep Water (W) Kathy E.		Deep Water (W) Gloria		Group Power Julie S.
		Arthritis Aquatics* (W) Debbie W.		Arthritis Aquatics* (W) Debbie W.		
9:30 AM	Cardio Blast Deb	Group Power Laura	Turbo Step Deb	Cycle 45 Julie F.	Boot Camp Deb in WC	
10:15 AM						Yoga Stretch Lisa
11:00 AM	Sr. Stretch & Balance Laura		Sr. Stretch & Balance Laura			
1:00 PM	Arthritis Aquatics* (W) Debbie W.		Arthritis Aquatics* (W) Debbie W.		Arthritis Aquatics* (W) Debbie W.	
4:15 PM	Yoga for Every Body Dawn			Yogalates Dawn		
5:15 PM	Cycle 45 Julie F.					
6:00 PM	Deep Water (W) Sue	Power Yoga Lisa	Deep Water (W) Sue	Group Power Jacqui		
	Group Power Claudia		Bootcamp Bev in WC			
7:00 PM		Pilates Carol				
7:15 PM	Cardio Kick Jacqui			Cardio Kick Jacqui in WC		

YMCA MEMBERS- \$10 per month. Potential members \$8 drop-in rate per class (\*Classes excluded).

**SIGN UP AT THE MEMBERSHIP DESK TODAY!**