

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

The Starting Block August, 2010

AS-Aerobic Studio

C-Cycle Room

BB-Basic Beginning Room

P-Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>8:30-9:15am</u> (G) Corepole Melissa/Barbara	<u>9:30-10:30am</u> (AS) Just Muscle Barbara	<u>8:30-9:15am</u> (AS) Corepole Barbara	<u>8:20-9:20am</u> (AS) Muscle Flex Barbara	<u>9:20 am</u> (BB) All About Abs. (10 min) Patty	<u>10:30-11:30am</u> (AS) Beginning Yoga/Pilates Staff	<u>3:45-4:45pm</u> (AS) NIA Tricia
<u>9:00-9:30am</u> (C) Beginning Cycle Patti	<u>9:30-10:30am</u> (P) Smooth Moves	<u>9:30-10:30am</u> (P) Smooth Moves	<u>9:30am (C)</u> Cycle/piyo fusion Jennifer/beg/all	<u>9:30-10:30am</u> (P) Smooth Moves		
<u>9:30-10:30am</u> (P) Smooth Moves	<u>10:45-11:45am</u> (AS) Pacers Lynn	<u>11:00-12:00pm</u> (AS) Easy Stretch Lynn D.	<u>9:30-10:30am</u> (P) Smooth Moves	<u>9:30-10:30am</u> (AS) Combo Judy		
<u>9:35-10:00am</u> (BB) Arms and Abs Patti	<u>1:00-2:00pm</u> (AS) Silver Sneakers® Lynn	<u>5:30-6:00pm</u> (AS) Beg./Basic Step Melissa	<u>10:45-11:45am</u> (AS) Pacers Circuit Judy	<u>6:00-7:00pm</u> (AS) Gentle Yoga Stephanie/Janet		
<u>NOON (AS)</u> Kickboxing Kelly	<u>7:00-8:00pm</u> (AS) Zumba Kari	<u>8:00-9:00pm</u> (AS) Beginning PiYo Colleen	<u>12:00-1:00pm</u> (AS) Zumba Ayna			
<u>5:30-6:00pm</u> (AS) Beginning Step Melissa			<u>1:00-2:00 pm</u> (AS) Silver Sneakers® Lynn			
<u>6:00-7:00pm</u> (AS) Simple Circuits Melissa			<u>6:00-7:00pm</u> (AS) Let's Dance! Staff			
<u>7:00-8:00pm</u> (AS) Pi/Yo Jennifer						
<u>8:00-9:00pm.</u> (AS) Still Waters Yoga Patrice-All						