

# YMCA Group Exercise

Mar-10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spin</b> Ruthie 5:30 am	<b>Body Fit</b> Kim 5:45 am	<b>Spin</b> Ruthie 5:30 am	<b>Body Fit</b> Denise 5:45 am	<b>Spin</b> Ruthie 5:30 am	<b>Zumba</b> Kimberly 9:00 am	<b>Strength &amp; Yoga: Burt</b> 4:00 pm
<b>Sweat N Sculpt</b> Mary Ann 9:10 am	<b>Class Hard Core</b> Chad 8:30 am	<b>Spin</b> Kim 8:15 am	<b>Beginner Core</b> Andrea 8:30 am	<b>Spin</b> Kim 8:15 am	<b>Spin</b> Mary Ann 10:00 am	
<b>Spin</b> Kim 8:15 am	<b>Cardio Combo</b> Andrea 9:00 am	<b>Body Fit</b> Angie 9:10 am	<b>Cardio Stretch</b> Andrea 9:00am	<b>Sweat N Sculpt</b> Mary Ann 9:10 am	<b>Pilates</b> Burt 10:00 am	
<b>Yoga 2</b> Burt 10:30 am	<b>SilverSneakers®2</b> Mary Ann 10:10 am	<b>Zumba</b> Jannelle 9:00 am	<b>SilverSneakers®2</b> Mary Ann 10:10 am	<b>Yoga Stretch</b> Jannelle 10:30 am	<b>FAMILY Zumba</b> Jannelle 11:00am	
<b>ZUMBA GOLD</b> Jannelle 12:10 pm	<b>Sr. Sweat and Sculpt</b> Mary Ann 11:10 am	<b>SilverSneakers ® 1</b> Tracy 10:10 am	<b>Sr. Sweat and Sculpt</b> Mary Ann 11:10 am	<b>SilverSneakers ® 1</b> Tracy 12:00pm	<div style="border: 1px solid black; padding: 5px;"> <p><b>YMCA Mission:</b> To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.</p> </div>	
<b>Class Hard Core</b> Ruthie 5:00 pm	<b>Step Up</b> Dale 4:30 pm	<b>Silver Stretch</b> Tracy 11:10 am	<b>Beginner Cardio Combo</b> Dale 4:30-5:00	<b>Zumba</b> Jannelle 4:30 pm		
<b>Step Up</b> Julie 5:30 pm	<b>Body Fit</b> Dale 5:30 pm	<b>Kickboxing</b> Brandon 4:30pm	<b>Beginner Cardio Combo</b> Dale 5:00-5:30	<b>Double Step</b> Deidre 5:30 pm		
<b>Spin</b> Chad/Jackie 6:00 pm	<b>Cycle Lite</b> Jannelle 6:00 pm	<b>Step Up</b> Deidre/Dale 5:30 pm	<b>Body Fit</b> Chad 5:30 pm	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><b>Sprint and Kid's Triathlon</b></p> <p style="text-align: center;"><b>Saturday, April 17: 1:00pm</b> <i>Kid's Triathlon</i></p> <p style="text-align: center;"><b>Sunday, April 18: 7:30am</b> <i>Sprint Triathlon</i></p> <p style="text-align: center;"><b>Registration Deadline:</b> <i>April 10, 2010</i></p> <p style="text-align: center;"><b>Pick up race brochure at front desk!!!</b></p> <p style="text-align: center;"><b>Volunteers Needed!!!</b></p> </div>		
<b>Zumba</b> Jannelle 5:30pm	<b>Kickboxing</b> Jannelle 6:30 pm	<b>Spin</b> Chad 6:00 pm	<b>Spin</b> Jackie 6:00 pm			
<b>Pilates</b> Burt 6:30 pm			<b>Zumba</b> Kimberly 6:30 pm			



We build strong kids, strong families, strong communities.