


YMCA Group Exercise

Feb-12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin Ruthie/Stephen 5:30 am	Strength/Stretch Mary Ann 6:00 am	Spin Ruthie/Stephen 5:30 am	Strength/Stretch Mary Ann 6:00 am	Spin/Core Ruthie/Stephen 5:30 am	Zumba Deanna 9:00 am	Strength & Yoga: Burt 4:00 pm
Spin Kim 8:15 am		Spin Kim 8:15 am	Spin Sherri 8:15 am	Body Fit Carrie 8:00 am	Spin Will/Mary 10:00 am	
R.I.P.P.E.D. Colleen 8:00 am	Heart/Core Chad 8:00 am	Simply Fit Mary Ann 8:30am	Core Class Andrea 8:30 am	Spin Kim 8:15 am	Pilates Burt 10:00 am	
Sweat N Sculpt Mary Ann 9:10 am	Spin Sherri 8:15 am	Body Fit Colleen 9:10 am	Cardio Combo Andrea 9:00 am	Sweat N Sculpt Mary Ann 9:10 am	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">R.I.P.P.E.D.</p> <p>This 50-60 minute total body workout, utilizes resistance and cardio training by combining Resistance, Intervals, Power, Plyometrics, and Endurance. R.I.P.P.E.D. helps you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.</p> </div>	
Yoga Jaquie 10:30 am	Cardio Stretch Andrea 9:00am	Zumba Jannelle 9:00 am	Silver Bullets Christine 10:10 am	Line Dance Christine G 10:05 am		
SilverSneakers® 1 Tracy 11:30am	Silver Bullets Christine 10:10 am	SilverSneakers® 1 Tracy 10:10 am	R.I.P.P.E.D. Colleen 10:10 am	ZUMBA GOLD Jannelle 11:10 pm		
Class Hard Core Chad 5:00 pm	Sr. Sweat and Sculpt Mary Ann 11:10 am	Silver Stretch Tracy 11:10 am	Sr. Sweat and Sculpt Mary Ann 11:10 am	Zumba Jannelle 4:30 pm		
Step Up Dale 5:30 pm			Zumbatomic Melissa 4:30pm	Double Step Deidre 5:30 pm		
Spin Jackie 6:00 pm	Fitness 101 Carrie 5:30 pm	R.I.P.P.E.D. Jannelle 4:30pm	Power Hour Chad 5:30 pm	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Did you Know?</p> <p>Your membership INCLUDES a FREE Fitness Orientation!! Schedule with the Front Desk.</p> <p>ALL 10-15 YEAR OLDS MUST ATTEND A FITNESS ORIENTATION TO WORK OUT IN THE FITNESS AREA.</p> </div>		
Zumba Deanna 5:30 pm	Cycle Lite Will 6:00 pm	Step Up Monica/Dale 5:30 pm	Spin Jackie 6:00 pm			
Boot Camp Chad 6:30 pm	R.I.P.P.E.D. Jannelle 6:30 pm	Spin Chad 6:15 pm	Zumba Deanna 6:30 pm			
Beginner Step Monica 7:30 pm			Beginner Class			