

# Sterling YMCA Group Exercise Schedule

Winter 2012: December 23rd - February 26th

Free Group Exercise Classes are for Ages 16 & Up.

Monday			Tuesday			Wednesday			Thursday			Friday		
Mornings														
Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C
6:00-6:30am Express Upper Body Joan	5:50-6:50 Spinning Carla	6:15-7:15 Dynamic Strength JoAnna	5:30-6:30 Reserved Boot Camp	5:50-6:50 Spin JoAnna		5:30-6:30 Total Body Cond Caroline - NEW Begins 12/28	5:30-6:30 Spinning Eileen	5:15-6:15 Dynamic Strength JoAnna	5:30-6:30 Reserved Boot Camp	5:50-6:50 Spinning JoAnna		6:00-7:00 Pilates Diane	5:30-6:30 Spinning Eileen	
8:00-9:00 Muscle / Strength Tina	8:00-9:15 Spin Flex Joan	8:00-9:00 Step Caroline		8:15-9:10 Muscle/Strength Vange	8:00-9:10 All Level Yoga Rosemary	7:00-8:00 TRX/KBell Shannon	8:45-9:45 Womens Total Body	8:00-9:00 Hi/Lo Int. Cheryl/Corinne	8:00-9:10 Step Circuit Caroline	8:15-9:15 Total Body Strength Corinne	8:00-9:00 Exercise for Low Back Pain Andrew	8:00-9:00 Muscle/Strength Tina	8:00-9:00 Fit Combo Joan	8:15-9:30 All level Yoga Michelle
9:00-10:15 Step Circuit Carrie	8:45-9:45 Womens Total Body	9:30-10:30 Pilates Diane	8:00-9:00 Hi/lo Ginny	9:30-10:55 Spin/Strength Tina	9:20-10:35 Yoga Basics Patty	8:00-9:00 Total Body Cond Caroline	9:45-10:45 Prenatal Helli	9:30-10:45 Kripalu Yoga Sally	9:15-10:30 Basic Training Carrie	9:30-10:55 Spin/Strength Tina	9:15-10:30 All Level Flow Abi	9:00-10:15 Step Circuit Carrie	9:15-10:15 Spinning Tina	9:40-10:40 Slow Rockin Flow Yoga Nicole
10:30-11:30 Seniorcise Ginny	9:45-10:45 Prenatal Helli	10:40-11:40 Yin Yang Yoga Nicole	9:10-10:30 Basic Training Carrie			9:00-10:00 Zumba / Vange ***** 10-10:30 Carrie/Abs	10:45-11:45 Bosu core Lee		10:30-11:45 Seniorcise Cheryl			10:30-11:30 Seniorcise Cheryl	10:30-11:30 TRX Circuit Karen	
12:00-1:00 TRX Lee	12:00-1:00 Spinning Tina		10:30-11:45 SeniorStrength Ginny			10:30-11:30 Seniorcise Pam	12:00-1:00 Spinning Carla					12:00-1:00 Zumba Toning Kim	12:00-1:00 Spin Regina/Sue	
Afternoons														
			4:00-5:00 Teen Kickbox Jess	3:00-4:00 Reserved Aquatics					3:30-4:30 Reserved		3:00-4:00 RESERVED Dance	3:30-4:30 Tang Soo Do Victoria		
4:30-5:30 Cardio Kickbox Jess		4:30-5:45 Slow Flow Yoga Connie	5:00-6:00 Muscle/Strength Anne	4:30-5:45 Spin Flex Fae	4:30-5:30 PiYo Johanna	4:30-5:30 Zumba Emily	Reserved 3:30-4:30 Waring	4:30-5:30 Teen Yoga Becky	4:30-5:45 Circuit Blast Anne	4:30-5:30 Teen Spin Tina Reg is free	4:30-5:30 PiYo Johanna	4:30-5:30 Tang Soo Do Victoria		4:30-5:45 Beginner Yoga Connie
5:30-6:30 Muscle/Strength Maureen	5:30-6:30 Beginner Spin Fae	5:45-7:00 Pilates/Yoga Fusion Rob	6:00-7:00 Zumba Kim	6:00-7:00 Spinning Sue	5:45-7:00 Hatha Yoga Sarah	5:30-6:30 Muscle/Strength Amanda	5:30-6:30 Spinning Fae	5:45-7:00 Pilat/Yoga Fusion Rob	6:00-7:00 Zumba Emily	5:30-6:30 Total Body Ball Tina	5:45-7:00 Budokon Yoga Johanna	5:30-6:30 Muscle/Strength Anne		6:00-7:15pm Vinyasa / Restore Yoga w/Anna
6:30-7:30 Horizontal Core Lee	7:00-8:00 Spinning Kara	7:15-8:30 Yoga Basics Charlie	7:00-8:00 Gutt & Butt Lynne	7:15-8:15 Spinning HIIT Training Amy	6:15-7:15 Prenatal Lobby Studio	6:30-7:30 Step & Sculpt Carol	7:00-8:00 Winter Sports Conditioning Jon	7:00-8:00 Belly Dance Mindy	7:00-8:00 Step Into Shape Pam	7:15-8:15 Spinning Karen	6:15-7:15 Prenatal Lobby Studio	7:00-8:00 Ballroom Dance Paid		
7:30-8:30 Zumba Vange	Reserved 8:00-8:15			Reserved 8:15-8:30	7:30-9:00 Kripalu Yoga Sally	7:30-8:30 Ripped On Ropes Masterclass		Reserved		Studio Reserved 8:15-8:30	7:15-8:30 Gentle Hatha Yoga Anna	8:00-9:00 Adv Ballroom Dance/Paid		

Saturday			Sunday		
Studio A	Studio B	Studio C	Studio A	Studio B	Studio C
6:30-7:00 Express Core JoAnna	7:05-8:10 Spinning JoAnna	7:15-8:30 Hatha Yoga Joanne	7:30-8:30 Step & Strength Lynne	8:00-9:15 SpinFlex Strength Joan	8:00-9:30 Power flow Yoga Johanna
8:00-8:55 Cardio Kickbox Carolyn	8:30-9:25 Spinning Amy	8:30-9:45 All Level Yoga Nicole	9:00-10:00 Zumba Cheryl	9:30-10:30 Spinning Amanda	9:45-11:00 All level Yoga Rosemary/Rita
9:00-10:15 Step Circuit Anne	10:00-11:00 TRX Amanda	10:00-11:15 Family Yoga Nicole - NEW Begins Jan 7th			
10:15-11:15 Zumba Toning Kim					4:30-6:00 Restorative Yoga Anna/Julia

## Over 80 Adult Classes FREE with Membership

**Non- Member Adult Group Exercise Class walk in Fee \$10.00.**  
Fee is paid at the front desk.

Spin Class Sign-Ups are now done online!  
Log onto [www.northshoreymca.org](http://www.northshoreymca.org) to create your login and make a class reservation.  
Non Members must visit the front desk to make a Reservation and pay the non- member class fee.

Classes shaded in blue are PAID Specialty classes.  
Registration for them can be done online at [www.northshoreymca.org](http://www.northshoreymca.org), or at the front desk.  
They run in an 8 week session from January 2nd-February 26th