

GROUP EXERCISE CLASS SCHEDULE – STERLING YMCA

Spring I 2010

Feb 27th – April 30th

9 Week Session

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
5:30-6:30 Muscle Condition Joan	5:50-6:45 Spinning Deanna	5:30-6:30 Boot Camp Teen Center Paid	5:30-6:30 Boot Camp PAID	5:50-6:45 Spinning JoAnna	6:30-7:45 Power Flow Yoga Jerry	5:30-6:30 Boot Camp Paid Teen Center	5:50-6:45 Spinning Eileen	5:15-6:00 Early Morning Circuit Paid JoAnna	5:30-6:30 Boot Camp Paid	5:50-6:45 Spinning JoAnna	6:30-7:45 Power Flow Yoga Jerry		5:50-6:45 Spinning Eileen	6:00-7:00 Pilates Diane Paid
8:00-8:55 Muscle Conditioning Tina	8:00-9:00 Spinning Joan B.	6:30-7:15 Early Morning Circuit Paid JoAnna	8:00-8:55 Low Impact Ginny		8:00-9:15 All Level Yoga Rosemary	7:00-8:00 Trx Kettlebell Combo Paid Jon		6:00-6:55 Flexible Strength Lynne	8:00-9:10 Step Circuit Caroline	8:15-9:10 Beginner Muscle Conditioning Amanda		8:00-8:55 Muscle Condition Tina	8:15-9:10 Total Body Ball Judith	8:00-9:15 All Level Yoga Michelle
9:00-10:15 Step Circuit Judith	9:30-10:30 Prenatal Helli Paid	8:00-8:55 Step Caroline	9:10-10:25 Basic Training Carrie	8:15-9:10 Muscle Conditioning Vange	9:30-10:45 Yoga Basics Patty	8:00-8:55 Total Body Conditioning Caroline	9:30-10:30 Pre Natal Helli* Paid	8:00-8:55 Interval Hi/Lo Corinne/ Cheryl	9:15-10:25 Basic Training Carrie	9:30-10:55 Spin & Sculpt Tina	9:15-10:30 Yoga Basics Abi	9:00-10:15 Step Circuit Carrie	9:15-10:15 Spinning Tina.	9:30-10:30 Prenatal Helli Paid
10:30-11:25 Seniorcise Ginny		9:30-10:30 Basic Pilates Diane Paid	10:30-11:45 Senior Strength Ginny	9:30 -10:55 Spin & Sculpt Tina		9:00-9:55 Step 10:00-10:25 Total Abs Carrie		9:20-10:35 Kripalu Yoga Sally	10:30-11:45 Seniorcise & Strength Cheryl		10:45-12:00 Mom & Baby Yoga Anna Paid	10:30-11:25 Seniorcise Kathy		
12:00 TRX Jon Paid	12:00-1:00 Spinning TINA		12:00 TRX & Kettlebell Combo Class Paid Jon			10:30-11:25 Seniorcise Kathy	12:00-1:00 Spinning Carla	11:00-12:15 All Level Yoga Rob				3:30-4:30 Youth Tang Soo Doo Karate Paid		
			4:00-5:00 Teen Kickbox Jessica Paid		4:30-5:30 Ball Pilates Johanna Paid	4:30-5:25 Intermed Step Vange					4:30-5:30 Ball Pilates Johanna Paid	4:30-5:30 Teen Tang Soo Doo Karate Paid		
4:30-5:45 Cardio Kickbox Jess	5:30-6:25 Muscle Condition Maura	4:30-5:30 Teen Yoga Suejoy Paid	5:00-6:00 Teen ZUMBA PAID Kim	4:45-5:45 Muscle Condition Anne	5:45-7:00 All level Power Yoga Suejoy	5:30-6:25 Muscle Condition Amanda	4:30-5:25 Teen Muscle Corinne Paid class	4:00-5:15 Intro to Iyengar Yoga Paid 4 weeks	4:30-5:45 Circuit Blast Anne	4:30-5:30 Teen Spinning Tina Paid	5:45-7 All level Power Yoga Suejoy	5:30-6:25 Muscle Condition Anne	6:00-7:30 Spinning Endurance Ride Sue	
5:45-6:55 Step Circuit Ginny	6:30-6:50 Total Abs Maura	5:45-7:00 Pilates Yoga Fusion ROB	6:00-7:00 Zumba Kim	6:00-7:00 Spinning Sue	6:15-7:15 Pre Natal* Helli in Dance studio Paid	6:30-7:30 Step & Sculpt Michelle	6:30-6:50 Total Abs Amanda	5:45-7:00 Pilates Yoga Fusion Rob	6:00-7:00 Zumba Cindy	5:30-6:30 Muscle Condition with Ball Tina	6:15-7:15 PreNatal Helli In Dance studio Paid	7:00-8:00 Beginner/ Intermed Social Dance Paid		
7:00-7:55 Kickbox Bootcamp Vange	7:00-8:10 Spinning Amy B.	7:15-8:30 Yoga Basics Joanne	7:00-8:15 Basic Training Maura/ Michelle	7:15-8:10 Race Day Training Amy B. 8 Week Registration Required	7:30-9:00 Kripalu Yoga Sally	7:45-8:45 Intermediate Tai Chi* Herb Paid Class	7:00-8:10 Spinning Dani	7:00-8:00 Belly Dance MINDY Paid	7:00-7:55 Cardio Kickbox Class will not run after 4/1/10	7:15-8:20 Spinning Karen	7:30-9:00 Yoga Spirit Patty	8:00-9:00 Advanced Social Dance Paid* Paul/Doris		

SATURDAY		
A	B	C
6:30-7:00 Abs Only JoAnna	7:05-8:10 Spinning JoAnna	7:15-8:30 Yoga Joanne
8:00-8:55 Cardio Kickbox Carolyn	8:30-9:25 Spinning Amy./ Tina	8:30-10:00 Yoga Spirit Joanne
9:00-10:30 Step Circuit Michelle	9:45-10:45 Race Day Cycle Training Carla 8 Week Registration Required	10:30-12:00 Hearts N' Soul Dance Sally Paid
10:30-11:30 TRX Training Jon- Paid Class		Intro to Iyengar Yoga Paid 12:30-1:45 4 weeks

SUNDAY		
A	B	C
8:00-9:00 Step & Sculpt Lynne	8:00-9:15 Spinning Joan B	8:00-9:30 Power Flow Yoga Johanna
	9:15-10:15 Spinning Amanda	9:30 – 11:00 Yoga All Levels Rosemary/Nicole
	Mt. Everest Rides 11:00am March 21 & Apr 11	Relax and Revitalize Master Class Paid Mar 14 th - April 11 1:00-3:00

Spring I 2010 February 27th – April 30th
Spring I 2010 Master Classes

Mount Everest Hill Climb, Sunday March 21 and April 11th at 11:00am
Feldenkrais, Sunday February 28th, 9:30 am
Relax and Revitalize, Sunday March 7th and April 11th from 1:00-3:00pm
Registration for the Master Classes can be done at the front desk or online at
www.northshoreymca.org

Please arrive to class on time.
For your safety please wear comfortable clothing and footwear.
Group Exercise schedule is subject to change at any time.
The YMCA reserves the right to use its studio space for its programming
and training needs.
Spinning Classes require advanced sign up.
We are not responsible for items left in the studios.