

ADULT GROUP EXERCISE CLASS SCHEDULE – STERLING YMCA

Summer 2010

June 26th 2010

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 Carla		5:30-6:30 Boot Camp (High Schhol) PAID	5:50-6:45 Spinning JoAnna	6:30-7:45 Power FLOW Yoga Jerry	5:30-6:30 Early Morning Circuit Paid JoAnna 5 weeks	5:30 – 6:30 Spinning Eileen		5:30-6:30 Boot Camp Studio A Paid	5:50-6:45 Spinning JoAnna	6:30-7:45 Power Flow Yoga Jerry		5:30 – 6:30 Spinning Eileen	
8:00-8:55 Muscle Conditioning Tina	8:00-9:00 Spinning Joan B.	6:15-7:15 Early Morning Circuit JoAnna Paid 5 Weeks	8:00-8:55 Low Impact Ginny		8:00-9:10 All Level Yoga Rosemary	7:00-8:00 Trx Kettlebell Combo Paid Jon			8:00-9:10 Step Circuit Caroline	8:15-9:10 Beginner Muscle Conditioning Amanda		8:00-8:55 Muscle Condition Tina		8:15 -9:30 All level Yoga Michelle
9:00-10:15 Step Circuit Carrie	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	9:20-10:35 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.	
10:30-11:25 Seniorcise Ginny		9:20-10:30 All level Flow Elaine 7/12-8/23 only	10:30-11:45 Senior Strength Ginny	9:30 -10:55 Spin & Sculpt Tina		9:00-9:55 Step Vange		9:20-10:35 Kripalu Yoga Sally	10:30-11:45 Seniorcise & Strength Cheryl			10:30-11:25 Seniorcise Kathy		
12:00 TRX Jon Paid	12:00-1:00 Spinning TINA		12:00 Kettlebell & TRX Combo Paid Jon			10:00-10:25 Total Abs Carrie	12:00-1:00 Spinning Carla					4:30-5:30 Tang Soo Doo Karate Paid		
						10:30-11:25 Seniorcise Kathy								
4:30-5:45 Cardio Kickbox Jess	5:30-6:25 Muscle Condition Maura		5:00-6:00 Teen ZUMBA PAID Kim	4:45-5:45 Muscle Condition Anne	5:45-7:00 All level Power Yoga Suejoy		4:30-5:30 Intro to Yoga Joanne 5 weeks Registration Required		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		5:45-6:45 Feldenkrais Kristine Paid
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	5:30-6:25 Muscle Condition Amanda	6:30-6:50 Total Abs Amanda	5:45-7:00 Pilates Yoga Fusion Rob	6:00-7:00 Zumba Kim	5:30-6:30 Muscle Condition with Ball Tina	6:15-7:15 PreNatal Helli In Dance studio Paid			
7:00-7:55 Kickbox Bootcamp Vange Last class 6/28	7:00-8:00 Spinning Amy B. Studio reserved until 8:15	7:15-8:30 Yoga Basics Joanne	7:00-8:00 Gutt & Butt Maura	7:15-8:15 Spinning Amy B. Studio reserved until 8:30	7:30-9:00 Kripalu Yoga Sally	6:30-7:30 Step & Sculpt Carol	7:00-8:00 Spinning Wendy Last class 6/30	7:00-8:00 Belly Dance MINDY Paid	7:00 – 8:15 Yoga for Men Rob Paid Class	7:15-8:15 Spinning Karen Studio Reserved until 8:30	7:15-8:30 Gentle Hatha Yoga Anna			

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	8:30-9:45 Yoga Spirit Joanne Last class 6/26
9:00-10:15 Step Circuit Michelle ----- 10:30-11:30 TRX Training Jon- Paid Class	9:30 -10:30 Intro toSpin Joan 5 week Free Class Registration required	

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 ----- 9:30 – 10:45 Yoga All Levels Rosemary/Nicole

Summer 2010

Group Exercise schedule is subject to change at any time.
Classes with attendance of 4, or less, for more than 3 weeks, will be cancelled. So be sure to attend your favorite classes regularly.
 Spinning Classes require advanced sign up at the front desk or by phone.
 We are not responsible for items left in the studios.
Group Exercise Schedule is for Ages 18 & up unless specified for Teens.

THE YMCA, AND ITS STAFF, RESERVES THE RIGHT TO USE IT'S STUDIO SPACE, FOR ITS PROGRAMMING AND TRAINING NEEDS, AT ANY TIME. FREE STUDIO SPACE IS NOT GUARANTEED TO MEMBERS. STUDIOS MUST BE CLEARED 15 MINUTES BEFORE A CLASS IS SCHEDULED, AND CANNOT BE ENTERED UNTIL CLASS HAS COMPLETELY EXITED THE STUDIO.

Dates for Paid Specialty Classes:
 Session A: June 26th – July 30th
 Session B: July 31st – August 27th