




February 1, 2012

Ipswich Y Group Exercise

Ipswich Family YMCA
www.northshoremca.org 978.356.9622

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics Room	Aerobics Room	Aerobics Room	Aerobics Room	Aerobics Room	Aerobics Room	Aerobics Room
	5:45AM 30/30 Step & Muscle Jane & Nancy	5:45AM Y-Cycle Alicia	5:45 Ab/Step & Muscle Jane	5:45AM Y-Cycle Regina	5:45AM Ab/Step & Muscle Jane	6:00AM Y-Cycle Tracey
8:05-9:15 Y-Cycle Endurance Kristin	7:30 Y-Pump Patricia	8:00 Fitness Worx Brenda	7:30-8:30 Muscle Conditioning Brenda	8:00 Fitness Worx Brenda	7:30 Muscle Conditioning Cynthia	7:15 Y-Cycle Alex
9:30-10:45 Sunday Fitness Challenge Matt & Emily	8:30 Step & Pump Interval Patricia	9:00 Cardio Kickbox Sarah	8:45-9:25 Y-Cycle Express Tracey	9:00 Cardio Kickbox Sarah	8:30 Step Patricia	 8:15-9:30 Kick & Sculpt Jan V
11:00 Tai-Chi \$ <i>Register for Spring I</i>	9:30 Total Body Workout Terry	10:00 Strong Men/Women Blaze	9:30 Total Body Workout Terry	10:00 Strong Men/Women Blaze	9:30 Y-Cycle Terry	9:30-10:30 Pilates Rose
2:00-3:00 Youth Program	10:30 Y-Cycle Carla	12:30-2:30 Youth 2:30 Lacrosse Private 3:30 Teen Program	10:30  Rose	11:15 Cardio Dance	10:30-11:00 Bosu/Core strength Brenda	Refer to the web or Program Guide For Specialty Classes in Fitness Room: Circuit Training Fit 40 Fitness
	10:30 In Gym Stability Ball Workout Brenda R.		11:30 Arthritis Foundation Exercise Class Linda		11:30-12:45 Youth Program	
	1:00 - 1:45 Youth		2:30 Teen Program			
	3:30 - 4:30 Youth					
Evening Classes	Evening Classes	Evening Classes	Evening Classes	Evening Classes	Evening Classes	Rowing classes TRX Classes TRX & Kettlebell Lifestyle Fitness Challenge Personal Training Running Classes Check Guide for Special Events!
4:00PM February Only! Zumba ❤️ Jan	4:30PM Y-Pump Emily	4:15PM Y-Cycle Terry	4:30PM Y-PUMP Patricia	4:30PM  Jan		
	5:30PM Y-Cycle Terry	 5:30PM Kick & Sculpt Jan V	5:30PM Pilates Rose	5:30PM Y-Cycle Alicia		
	6:30PM Pump, Jump & Jab Sarah	6:30PM Muscle Conditioning Cynthia	6:30PM Y-Cycle Brad	6:30PM Muscle Conditioning Erica		
	7:30 Tabata \$					
School Age Center	School Age Center	School Age Center	School Age Center	School Age Center	School Age Center	School Age Center
9:30-10:30 AM Yoga Fit Heather	6:00-7:00 AM Sunrise Yoga Ann	8:15-9:30 AM Hatha Yoga Michelle	9:00-10:15 AM Kundalini Yoga Jessie	10:00 Gentle Stretch Brenda	9:00-10:15 AM Kundalini Yoga Jessie	8:00 - 9:15 AM Kripalu Yoga Ann
	Town Hall	Town Hall	Town Hall	Town Hall		School Age Center
	7:00-8:15 PM Kundalini Yoga Jessie	5:45-7:00 PM Power Yoga Jemma	6:00-7:15 PM Yoga for All..... Brenda	6:30-7:30 PM Yoga Basics Ann		9:30-10:30 AM Yoga for All Ann