



GROUP EXERCISE SCHEDULE

Andover YMCA Community Center

June 21st-September 12th, 2010

Facility Hours

Monday - Friday: 5:00am- 10:00pm

Saturday: 7:00am-10:00pm

Sunday: 7:00am-9:00pm

Kids Stuff Hours

Monday - Thursday: 8:00am- 8:00pm

Friday: 8:00am-7:00pm

Saturday: 8:00am-2:00pm

Sunday: 9:00am-1:00pm and 3:00pm-7:00pm

Monday

Time	Class	Location	Instructor
5:15 - 6:30 am	Group Cycle	1	Kevin
8:20 - 9:20 am	BodyPump™	3	Jenna
8:30 - 9:15 am	Turbo Kick®	2	Jami
9:30 - 10:30 am	Group Cycle	1	Leah
9:30 - 10:30 am	BodyStep™	3	Jenny
9:45 - 10:45 am	Fitness Yoga	2	Denise
10:35 - 11:05 am	Core Conditioning	1	Leah
10:35 - 11:35 am	BodyPump™	3	Yvonne
10:50 - 11:20 am	Mat Pilates	2	Denise
11:30 - 12:15 pm	SilverSneakers® MSROM	2	Cheryl
12:20 - 1:05 pm	SilverSneakers® YogaStretch	2	Kelly
4:30 - 5:30 pm	BodyPump™	3	Terra
5:20 - 5:50 pm	Latin Hip Hop	2	Lori T.
5:40 - 6:40 pm	BodyPump™	3	Nicole
5:50 - 6:50 pm	Turbo Kick®	2	Lori T.
6:30 - 7:15 pm	Group Cycle	1	Deb
6:50 - 7:50 pm	BodyFlow™	3	Nicole
6:55 - 7:40 pm	Kids Fitness	2	Vicky
7:45 - 8:30 pm	BOSU	2	Vicky
8:00 - 8:30 pm	Core Conditioning	3	Laurie M.
8:35 - 9:35 pm	BodyPump™	3	Laurie M.

Tuesday

Time	Class	Location	Instructor
5:30 - 6:30 am	Boot Camp	FH	Renee
5:30 - 6:30 am	BodyPump™	3	Shannon
8:30 - 9:15 am	PiYo®	2	Jenna
8:20 - 9:20 am	Latin Hip Hop	3	Belinda
9:30 - 10:30 am	BodyPump™	3	Heidi
9:30 - 10:30 am	Cardio Kick/BootCamp	2	Tonya
10:35 - 11:35 am	BodyVive™	2	Jenny
10:40 - 11:40 am	BodyFlow™	3	Denise
11:40 - 12:25 pm	SilverSneakers® Cardio Circuit	2	Rotation
Noon - 12:45 pm	Group Cycle	1	Rick
12:30 - 1:15 pm	AOA Fitness Yoga	2	Dana
4:25 - 5:25 pm	BodyStep™	2	Holli
4:30 - 5:30 pm	Turbo Kick®	3	Lori H.
5:30 - 6:30 pm	Zumba	2	Anu
6:25 - 7:25 pm	BodyStep™	3	Heather
6:30 - 7:15 pm	Group Cycle	1	Nancy
6:40 - 7:25 pm	Fitness Yoga	2	Janine
7:30 - 8:30 pm	BodyPump™	3	Heather
7:35 - 8:35 pm	Tai Chi Instruction	2	Dale

Wednesday

Time	Class	Location	Instructor
5:15 - 6:30 am	Group Cycle	1	Guy
8:20 - 9:20 am	BodyPump™	3	Laurie M.
9:25 - 9:55 am	Mat Pilates	2	Denise
9:30 - 10:30 am	Group Cycle	1	Leah
9:30 - 10:30 am	Turbo Kick®	3	Jami
10:00 - 11:15 am	Fitness Yoga	2	Denise
10:30 - 11:15 am	BootCamp*	Outside	Tonya
10:35 - 11:05 am	Core Conditioning	1	Leah
10:35 - 11:35 am	BodyPump™	3	Rick
11:30 - 12:15 pm	AOA Aerobics	2	Yvonne
11:45 - 12:45 pm	Zumba™	3	Anu
4:30 - 5:30 pm	BodyPump™	3	Lori H.
5:35 - 6:35 pm	BootCamp	2	Karen
5:40 - 6:25 pm	BodyStep™ Express	3	Heather
6:30 - 7:15 pm	Group Cycle	1	Nancy
6:30 - 7:30 pm	BodyPump™	3	Heather
6:40 - 7:40 pm	BodyFlow™	2	Nara
7:45 - 8:45 pm	Zumba™	2	Anu
8:35 - 9:35 pm	BodyPump™	3	Laurie M.

Thursday

Time	Class	Location	Instructor
5:10 - 5:55 am	Step	2	Dawn
5:30 - 6:30 am	BootCamp	FH	Rachelle
5:30 - 6:30 am	BodyPump™	3	Shannon
8:20 - 9:20 am	Latin Hip Hop	3	Belinda
9:30 - 10:30 am	BootCamp	2	Karen
9:30 - 10:30 am	BodyPump™	3	Heidi
10:35 - 11:35 am	BodyVive™	2	Jenny
10:35 - 11:35 am	Latin Hip Hop	3	Jami
11:40 - 12:10 pm	PiYo®	3	Jami
11:40 - 12:25 pm	SilverSneakers® Cardio Circuit	2	Heidi
Noon - 12:45 pm	Group Cycle	1	Rachelle
12:15 - 1:15 pm	BodyPump™	3	Jenna
12:30 - 1:15 pm	AOA Fitness Yoga	2	Dana
12:50 - 1:15 pm	Core Conditioning	1	Rachelle
4:30 - 5:15 pm	Group Cycle	1	Neil
4:40 - 5:40 pm	BodyStep™	2	Nara
5:35 - 6:35 pm	Turbo Kick®	3	Sean
5:50 - 6:50 pm	BodyFlow™	2	Nara
6:45 - 7:45 pm	BodyPump™	3	Janine

Friday

Time	Class	Location	Instructor
5:15 - 6:30 am	Group Cycle	1	Shannon
8:20 - 9:20 am	BodyPump™	3	Karen
9:30 - 10:30 am	Group Cycle	1	Karen
9:30 - 10:30 am	Turbo Kick®	3	Tonya
9:45 - 10:30 am	Kids Fitness	2	Rotation
10:40 - 11:25 am	BootCamp	2	Tonya
10:50 - 11:50 am	BodyPump™	3	Janine
11:30 - 12:15 pm	SilverSneakers® MSROM	2	Cheryl
Noon - 12:45 pm	Yoga	3	Dana
12:20 - 1:05 pm	SilverSneakers® YogaStretch	2	Kelly
4:30 - 5:30 pm	Group Cycle	1	Denise
5:00 - 6:00 pm	BodyFlow™	2	Charlene
5:05 - 6:05 pm	BodyPump™	3	Janine/Rachel
6:10 - 7:10 pm	Fitness Yoga	2	Charlene

Saturday

Time	Class	Location	Instructor
7:10 - 8:10 am	Turbo Kick®	2	Rotation
7:10 - 8:10 am	BodyPump™	3	Roger
8:00 - 9:00 am	Group Cycle	1	Deb
8:15 - 9:15 am	BodyPump™	3	Terra
8:15 - 9:15 am	Step	2	Dawn
9:25 - 10:25 am	BodyPump™	3	Shannon
9:30 - 10:30 am	BodyStep™	2	Artie
9:30 - 10:15 am	Fitness Yoga*	Outside	Charlene/Dawn
10:35 - 11:35 am	Zumba™	3	Anu

Sunday

Time	Class	Location	Instructor
9:30 - 10:30 am	Fitness Yoga	3	Charlene
4:15 - 5:15 pm	BodyStep™	3	Rotation
4:30 - 5:15 pm	Group Cycle	1	Cathie
5:30 - 6:30 pm	BodyPump™	3	Cathie
5:15 - 6:15 pm	BodyFlow™	2	Charlene

***Bold=New class or change in time or instructor from last session**

*Youth 10-14 years of age may attend Group X classes if accompanied by an adult.

*Must be at least 15 to attend BodyPump™

*Family Fitness Classes are for ages 3 and up with adult.

*Use of heart rate monitors is recommended and are available at Member Services.

*FH = Field House

*Outdoor Yoga and BootCamp will both meet at the front entrance of the building.

In case of rain, yoga will meet in Studio 1 and BootCamp will be cancelled.

*Classes with less than 10 members on a consistent basis are subject to cancellation.

For more information please call 763-230-9622
YMCA schedules can be found at www.ymcatwincities.org