



GROUP EXERCISE SCHEDULE

CHAIN OF LAKES YMCA
August 2nd-September 12, 2010

Kids Stuff Hours

A=Activity Center S=Studio G=Gym
Bold = New classes

Monday - Friday 5:00am- 10:00pm
Saturday 7:00am-8:00pm
Sunday 9:00am-8:00pm

Monday - Thursday 8:00am- 8:00pm
Friday 8:00am-7:00 pm
Saturday 9:00am-1:00pm
Sunday 12:00pm-8:00pm

Monday

Time	Class	Location	Instructor
5:30 - 6:30 am	BodyPump™	S	Barb
5:30 - 6:30 am	Group Cycle	A	Craig
6:35 - 6:55 am	Core Conditioning	S	Barb
8:00 - 8:45 am	SilverSneakers® Cardio Circuit	S	Debbie
8:50 - 9:20 am	Mat Pilates	S	Amanda
8:55 - 9:55 am	YMCA Water X	S	Cheri
9:20 - 10:20 am	Turbo Kick®	S	Becka/Steph
9:30 - 10:00 am	Kid's Fitness	G	Kaylene
10:00 - 10:20 am	Kid's Fitness Yoga	G	Kaylene
10:30 - 11:30 am	BodyPump™	G	Stephanie
10:30 - 11:30 am	Latin Hip Hop	S	Colleen
11:35 - 12:35 pm	Fitness Yoga	S	Karrie
1:00 - 1:45 pm	SilverSneakers® - MSROM	S	Karrie
1:55 - 2:25 pm	\$\$ Pilates Reformer Group Class	S	Karrie
4:00 - 5:00 pm	BodyPump™	S	Karissa
5:10 - 5:55 pm	BodyStep™ Express	S	Denise
6:00 - 7:00 pm	Group Cycle	A	Craig
6:00 - 7:00 pm	BodyPump™	S	Paula
6:15 - 7:00 pm	YMCA Water X	P	Kelly
7:10 - 8:10 pm	BodyFlow™	S	Paula
8:15 - 9:15 pm	Latin Hip Hop	S	Colleen

Thursday

Time	Class	Location	Instructor
5:30 - 6:30 am	BodyStep™	S	Barb
7:35 - 8:05 am	\$\$ Pilates Reformer Group Class	S	Kelly Jo
8:15 - 9:15 am	BodyVive™	S	Barb
8:55 - 9:55 am	YMCA Water X	P	Lori
9:20 - 9:40 am	Core Conditioning	G	Barb
9:30 - 10:30 am	BodyPump™	G	Paula
9:45 - 10:45 am	BodyStep™	S	Barb
10:50 - 11:35 am	Group Cycle	A	Karrie
10:50 - 11:35 am	BodyFlow™-express	S	Paula
11:55 - 12:55 pm	\$\$ Pilates Reformer Group Class	S	Karrie
1:00 - 2:00 pm	BodyFlow™	S	Myra
2:05 - 2:35 pm	\$\$ Pilates Reformer Group Class	S	Barb
4:00 - 4:45 pm	Arthritis Water Exercise	P	Wayne
5:00 - 5:45 pm	Turbo Kick®	S	Becka
6:00 - 7:00 pm	Group Cycle	A	Craig
6:00 - 7:00 pm	BodyPump™	S	Darci
7:10 - 7:55 pm	Mat Pilates	S	Darci
7:15 - 8:00 pm	YMCA Water X	P	Jon
8:00 - 9:00 pm	Latin Hip Hop	S	Amy L

Tuesday

Time	Class	Location	Instructor
5:30 - 6:30 am	BodyStep™	S	Barb
6:30 - 7:00 am	\$\$ Pilates Reformer Group Class	S	Kelly Jo
8:15 - 9:15 am	BodyVive™	S	Myra
8:55 - 9:55 am	YMCA Water X	P	Lori
9:20 - 9:40 am	Core Conditioning	S	Myra
9:30 - 10:30 am	BodyPump™	G	Darci
9:45 - 10:45 am	BodyStep™	S	Denise
10:40 - 11:20 am	Group Cycle	A	Darci
11:20 - 12:05 pm	BodyFlow™-express	S	Myra
4:00 - 4:45 pm	Arthritis Water Exercise	P	Wayne
5:25 - 6:20 pm	Turbo Kick®	S	Stef Engler
6:35 - 7:35 pm	BodyPump™	G	Stef Engler
7:35 - 8:35 pm	Mat Pilates	S	Darci

Friday

Time	Class	Location	Instructor
5:30 - 6:30 am	Group Cycle	A	Craig
5:30 - 6:30 am	BodyPump™	S	Barb
6:00 - 6:30 am	\$\$ Kettlebell Training	G	Becka
8:00 - 8:45 am	AOA Aerobics	S	Lumiko
8:50 - 9:15 am	AOA Stretch	S	Lumiko
8:55 - 9:55 am	AOA Water X	P	Rotation
9:20 - 10:20 am	Cardio Kick	S	Steph
10:30 - 11:30 am	BodyPump™	G	Steph
10:30 - 11:30 am	Latin Hip Hop	S	Colleen
11:40 - 12:40 pm	\$\$ Pilates Reformer Group Class	S	Lumiko
1:00 - 1:45 pm	SilverSneakers® - MSROM	S	Lumiko
5:00 - 5:45 pm	Cardio Kick	S	Vickie
5:50 - 6:50 pm	BodyPump™	S	Roger/Paula
BodyFlow™ cancelled for summer			

Wednesday

Time	Class	Location	Instructor
5:30 - 6:30 am	BodyPump™	S	Barb
6:35 - 6:55 am	Core Conditioning	S	Barb
6:35 - 7:05 am	\$\$ Kettlebell Training	G	Becka
7:15 - 7:45 am	\$\$ Kettlebell Training	G	Barb
8:00 - 8:45 am	AOA Aerobics	S	Lumiko
8:50 - 9:15 am	AOA Stretch	S	Lumiko
8:55 - 9:55 am	YMCA Water X	P	Kelly
9:20 - 10:20 am	Turbo Kick®	S	Becka
9:30 - 10:00 am	Kid's Fitness	P	Darci
10:00 - 10:20 am	Kids Fitness Yoga	G	Darci
10:30 - 11:30 am	BodyPump™	G	Barb
10:30 - 11:30 am	Latin Hip Hop	S	Colleen
11:35 - 12:20 pm	BodyFlow™-express	S	Myra
1:00 - 1:45 pm	SilverSneakers® - MSROM	S	Lumiko
4:00 - 5:00 pm	BodyPump™	S	Karissa
5:05 - 5:55 pm	Cardio Kick	S	Vickie
6:00 - 7:00 pm	BodyPump™	G	Vickie/Karissa
6:00 - 6:45 pm	BodyStep™ Express	S	Carissa
6:00 - 7:00 pm	Water X Power	P	Sherri
7:05 - 8:00 pm	PIYo®	S	Vickie
8:05 - 8:35 pm	\$\$ Kettlebell Training	S	Jess

Saturday

Time	Class	Location	Instructor
7:10 - 8:10 am	BodyPump™	G	Darci
8:15 - 9:15 am	Mat Pilates	S	Darci
8:30 - 9:00 am	\$\$ Kettlebell Training	G	Shannon
8:55 - 9:40 am	YMCA Water X	P	Rotation
9:20 - 10:20 am	Turbo Kick®	S	Shannon
9:15 - 10:00 am	Group Cycle	A	Variety
10:25 - 10:45 am	Core Conditioning	S	Variety
10:30 - 11:30 am	BodyPump™	G	Karissa/Lois

Sunday

Time	Class	Location	Instructor
9:10 - 10:10 am	BodyPump™	S	Vickie
10:20 - 11:20 am	BodyFlow™	S	Vickie
12:30 - 1:30 pm	Boot Camp	S	Chris
4:10 - 5:10 pm	Turbo Kick®	S	Alyssa
5:20 - 6:20 pm	BodyPump™	S	Rotation
6:30 - 7:30 pm	BodyFlow™	S	Rotation

Must be at least 15 to attend BodyPump™
\$\$ Fee-based class-Registration required.
Branch phone: 651-795-9622
Fax: 651-784-7135

All classes due to cancellation due to low attendance.

Visit ymcatwcities.org for most current information.