



GROUP EXERCISE SCHEDULE

East YMCA

August 23 - September 12

Facility Hours

Monday - Friday 5:30am- 9:00pm

Saturday 7:00am-6:00pm

Sunday 10:00am-6:00pm

Kids Stuff Hours

Mon - Fri mornings 8:45am- 1:15pm

Mon - Fri evenings 4:15pm - 8:45pm

Saturday 8:15am -1:15pm

Sunday 1:30pm - 5:30pm

Monday

Time	Class	Location	Instructor
6:00 - 7:00 am	BodyPump™	S	Alyssa
9:00 - 10:00 am	SilverSneakers® YogaStretch	S	Mary
10:00 - 10:45 am	Water Exercise	P	Stephanie
10:05 - 11:05 am	BodyPump™	S	Jill
11:10 - 11:55 am	SilverSneakers® Cardio Circuit	S	Jill
Noon - 1:00 pm	BodyFlow™	S	Tisha
4:30 - 5:30 pm	BodyStep™	S	Ann
5:30 - 6:15 pm	Kids Fitness	G	Youa
5:30 - 6:25 pm	Latin Hip Hop	S	Allen
6:30 - 7:30 pm	BodyPump™	S	Allen
7:30 - 8:30 pm	BodyFlow™	S	Allen

Tuesday

Time	Class	Location	Instructor
9:15 - 10:00 am	Cardio Dance	S	Mindy
10:00 - 11:00 am	Fitness Yoga	C	Mary
10:15 - 11:00 am	SilverSneakers® - MSROM	S	Jamie
11:05 - 11:55 am	Mat Pilates	S	Jill
Noon - 1:00 pm	BodyPump™	S	Ann
4:30 - 5:30 pm	BodyPump™	S	Laska
4:45 - 5:45 pm	Water Exercise	P	TBD
5:30 - 6:30 pm	Cardio Kick	S	Mell
6:30 - 7:30 pm	Zumba™	S	Monica

Wednesday

Time	Class	Location	Instructor
6:00 - 7:00 am	BodyPump™	S	Karren
9:00 - 9:45 am	SilverSneakers® SilverSplash	P	MaryAnn
10:00 - 10:45 am	Water Exercise	P	MaryAnn
10:05 - 11:05 am	BodyPump™	S	Cathy
11:10 - 11:55 am	SilverSneakers® Cardio Circuit	S	Cathy
Noon - 1:00 pm	BodyStep™ (Canceled until 9/1/10)	S	Ann
4:30 - 5:30 pm	Fitness Yoga	S	Alicia
5:30 - 6:30 pm	BodyPump™	S	Jill
6:30 - 7:30 pm	Zumba™	S	An'Nisa

- S: Studio
- P: Pool
- G: Gym
- C: Conference room
- K: Kidstuff

Thursday

Time	Class	Location	Instructor
9:00 - 10:00 am	SilverSneakers® YogaStretch	S	Mary
10:15 - 11:00 am	SilverSneakers® - MSROM	S	Ann
11:05 - 11:55 am	BodyFlow™ Express	S	Tisha
Noon - 1:00 pm	BodyPump™	S	Ann
4:30 - 5:30 pm	BodyStep™	S	Hope
5:30 - 6:15 pm	Kids Fitness Yoga	K	Youa
5:30 - 6:30 pm	BodyPump™	S	Allen
6:30 - 7:25 pm	Latin Hip Hop	S	Allen
7:30 - 8:30 pm	BodyFlow™	S	Allen

Friday

Time	Class	Location	Instructor
6:00 - 7:00 am	BodyPump™	S	Karren
9:00 - 10:00 am	Boot Camp	S	Jill
9:00 - 9:45 am	<i>AOA Water Exercise</i>	P	rotates
10:00 - 10:45 am	Water Exercise	P	Linda
10:05 - 11:05 am	BodyPump™	S	Cathy
11:10 - 11:55 am	SilverSneakers® Cardio Circuit	S	TBD
Noon - 1:00 pm	Mat Pilates	S	Jonathan
4:30 - 5:30 pm	BodyFlow™	S	Laska
5:30 - 6:30 pm	Zumba™	S	Linda

Saturday

time	class	location	instructor
8:30 - 9:30 am	BodyPump™	S	Laska/Heidi
9:00 - 10:00 am	Water Exercise	P	Jenny
9:35 - 10:35 am	Zumba™	S	An'Nisa
9:45 - 10:30 am	Kids Fitness	G	Youa/ Jamie
10:45 - 11:45 am	BODYFLOW™	S	Tisha

Sunday

Time	Class	Location	Instructor
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***BOLD = New class or change in time**

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

* Must be at least 15 to attend BodyPump™

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

