



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

FRANZ ROSS YMCA

JANUARY 2012

Times	Mon	Tue	Wed	Thurs	Fri	Sat.
5:40-6:40	SPIN-CYCLE <i>Gail</i>	POWER MIX <i>Gail</i>	SPIN-CYCLE <i>Gail</i>	POWER MIX <i>Gail</i>	SPIN-CYCLE <i>Gail</i>	
8:30 - 9:30		SPIN-CYCLE <i>Tracy</i> <hr/> CARDIO-SCULPT <i>Regina</i>		SPIN-CYCLE <i>Brenda</i> <hr/> CARDIO- KICKBOX <i>Tracy</i>		8:25-9:25 TOTAL BODY WORKOUT <i>Brenda</i>
9:00-10:00	CROSS TRAINING (Step/strength/tone) <i>Anissa</i>		ANYTHING GOES! <i>Anissa</i>		STEP-N-MORE <i>Ethie</i>	8:25-9:25 SPIN-Cycle <i>Tracy/Ethie</i>
9:45-10:45	10:15-11:15 YOGALOCA <i>Tracy</i>	BODY BAR <i>Ron</i>	10:15-11:15 YOGALOCA <i>Tracy</i>	BODY BAR <i>Ron</i>		9:35-10:35 ZUMBA! <i>Rosario/Toni</i>
10:45-11:45					INTRO TO YOGA <i>Joanie</i>	GENTLE YOGA <i>Joanie</i>
11:00-12:00	Silver-Sneakers® MSROM <i>Marcelle</i> MR	Silver-Sneakers® MSROM <i>Brenda</i> MR <hr/> ON THE BALL! <i>Mimi</i>	Silver-Sneakers® CARDIO FIT <i>Regina</i> MR	Silver-Sneakers® MSROM <i>Mimi</i> MR <hr/> ZUMBA! <i>Krysten</i>	11:15-12:15 Silver-Sneakers® CARDIO FIT <i>Cindy</i> MR	
11:30-12:30	FOREVER FIT <i>Mimi</i>		FOREVER FIT <i>Mimi</i>			
P.M.						
12:15-1:15		GENTLE YOGA <i>Marcelle/Joanie</i>		BEG/ADV YOGA <i>Marcelle</i>		
4:15 - 5:15	KETTLEBELL-STEP COMBO <i>Tracy</i> <hr/> 5:15-6:00 SPIN-Cycle <i>Brenda</i>	MUSCLE UP! <i>Mitzi</i>	STEP COMBO <i>Ethie</i>	MUSCLE UP! <i>Ethie</i>	KETTLEBELL PUMP <i>Ethie</i>	
5:30 - 6:30	HOOP IT UP! <i>Joanne</i>	STEP II <i>Ethie</i> SPIN-CYCLE <i>Brenda</i>	YOGA <i>Marcelle</i>	BELLY DANCE <i>Ethie</i> SPIN-CYCLE <i>Brenda</i>	5:30-6:30 BEGINNER ZUMBA! <i>Rosario</i>	
6:45-7:45	6:30-7:30 MR TAI-CHI <i>Zac</i> <hr/> ZUMBA! TBA	KICKBOX FUSION <i>Brenda</i>	ZUMBA! <i>Toni</i>	FREESTYLE BODY WORKOUT <i>Brenda</i>		

