

# Group Exercise Schedule February 5th–March 31st

All Classes included with your Y-membership except those in **\*RED\***

**\*PLEASE NOTE ANY CLASS CHANGES\***

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

Time	Studio	Gym B	Studio	Gym B	Studio	Gym B	Studio	Gym B	Studio	Gym B	Studio	Gym B
6:15–7:15a				<b>*Discover*</b> Stephanie Gym B				<b>*Discover*</b> Stephanie Gym B				
7:30–8:30a				Transform Rashmi Gym B			Chair Yoga Deb (7:45–8:45)	Transform Rashmi Gym B	Yoga Beth	Transform Rashmi (8:00–9:00)		BodySculpt Lee Ann Gym B
9:00–10:00a	Trim & Tone Christine (9:15–10:15) <hr/> Cycling Krista	Super Seniors Sherri Gym B	P90x Stacey (9:30–10:30) <hr/> Cycling Shannon	Silver N' Fit Balance Sherri Gym B	All In One Marlene (9:15–10:15)	Super Seniors Sherri Gym B	Cycling Tamara	Silver Sneakers Circuit Marlene Gym B	P90x Stacey (9:15–10:15)	Sr. Zumba Rochelle Gym B	Zumba Emily	
10:00–11:00a	All About Yoga Beth (10:30–11:30)	Silver Sneakers Classic JoAnn Gym B		Silver Sneakers Classic JoAnn Gym B	PiYo Stacey (10:15–11:15)	Silver Sneakers Classic JoAnn Gym B	Silver Sneakers Classic Marlene	STRONG by Zumba® Stephanie (10:30–11:30) Gym B	PiYo Stacey (10:30–11:30)	Silver Sneakers Classic JoAnn Gym B	<b>*Dance Celebration*</b> Mary	
11:00a–12:00p	<b>*Teens in Training*</b> Stephanie (3:30–4:30)		<b>*Teens in Training*</b> Zack (3:30–4:30)		<b>*Delay Disease*</b> (2:00–3:00) <hr/> <b>*T.I.T.*</b> Stephanie (3:30–4:30)	W.I.C.K.E.D. Stacey Gym B	<b>*Teens in Training*</b> Zack (3:30–4:30)			Zumba Shannon Gym B		
5:30–6:30p	Ready to Be Fit Matt J. <hr/> Cycling Tracey	R.I.P.P Roger Gym B	H.E.A.T Tracey (5:15–6:15)	Zumba Rochelle Gym B	Ready to Be Fit Matt J. <hr/> Cycling Tracey	Abs, Buns & Guns/Cardio Kickboxing Rochelle Gym B	BodySculpt Rochelle (5:15–6:15) <hr/> Cycling Tracey	Zumba Emily Gym B	<b>*Dance Celebration*</b> Mary <hr/> Ready to Be Fit Stephannie L. (6:00–7:00)			
6:30–7:30p	<b>*Discover*</b> Matt H.	<b>*Pound*</b> Rochelle Gym B	Pilates Teri	BodySculpt Lee Ann	Box & Burn Donnie	<b>*Discover*</b> Matt H. Gym B	Yoga Flow Amber <hr/> Core Crusher Matt H.		TLC Yoga Terry (see back)			

**\*Abs, Buns, & Guns taught first 2 weeks of month/Cardio Kickboxing taught last 2 weeks of month\***

**\*Classes in RED are Specialty classes and have an extra fee, they are not included with your membership\***

**\*Discover runs Jan 8–March 29, Teens in Training runs Jan 8–March 1, Pound runs Jan 8–Feb 26, Dance Celebration runs Jan 12–March 3\***