

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Feb./March 2010

[Printer-friendly Version](#)

We are proud to offer a variety of quality fitness classes at no extra cost to your membership. We celebrate every body but for your convenience, classes in green are suitable for beginners. Minimum age to participate in classes is 12 years (16 for Indoor Cycling).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-5:45 a.m.		Boot Camp Michele		Boot Camp Michele		
6-6:45 a.m.		Indoor Cycling Bruce		Indoor Cycling Deb		
7-7:45 a.m.		Zumba Mikki		Zumba Linda		
8-9 a.m.	Stability Ball/Core Conditioning Jinny	Body Blast Bunny	Pilates for Athletes Jinny	Body Blast Bunny	Stability Ball/Yoga Mikki	Indoor Cycling Alternating Inst.
9:15-10:15 a.m.	Step & Kick Combo Mikki	Indoor Cycling Mikki	Step Mikki	Indoor Cycling Mikki	Zumba Mikki	
10:30-11:30 a.m.	Gentle Yoga Mikki	Power Hour/Stability Ball Mikki	Fitness Yoga Mikki	Power Hour/Stability Ball Mikki	Gentle Pilates Jinny	
12:15-1:15 p.m.	Intermediate Pilates Jinny			Intermediate Pilates Jinny		
2-3 p.m.		Developmentally Disabled Fitness FC <small>Some machines in the fitness center are reserved.</small>		Developmentally Disabled Fitness FC <small>Some machines in the fitness center are reserved.</small>		
4-5 p.m.		Total Body Dean	Stability Ball/Core Conditioning Jinny	Total Body Dean		
5:15-6:15 p.m.	Zumba Michele	Power Hour Dean	Zumba Michele	Power Hour	CrossFit Families 5 PM Pre-Reg. Req.	
6:30-7:30 p.m.		Yoga Bryn		Gentle Yoga Bryn		

**Class Locations:** All Classes are in Studio A unless otherwise noted. Studio A: take the left-hand hallway, turn right at the racquetball courts and go through the gymnasium, far left-hand corner); Multi-purpose(MP) is on the right side at the end of the right-hand hallway from the lobby. Studio B is on the left side at the end of the right-hand hallway from the lobby.

- Supplying Yoga mats and/or accessories is the responsibility of the student. We have very few to lend out.
- We reserve the right to cancel any class that does not consistently hold at least 10 people.
- Formats change periodically to stay with current trends. Call 452-9244 for more information about fitness classes.
- Class instructors listed are not guaranteed.

[Click for CLASS DESCRIPTIONS](#) [Back to Fitness Page](#) [Back to Home Page](#)