

Minimum age to participate in classes is 12 years (16 for Indoor Cycling).

<b>YGROUP EXERCISE™</b> We build strong kids, strong families, strong communities.		<b>January 2009</b>				<a href="#">Printer Friendly Version</a>
Classes Resume 1/5/09						
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. Indoor Cycling classes have limited room so sign up the day before.						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-5:50 a.m.		Go Go Cardio Michele	Power Hour Danielle	Go Go Cardio Michele		
6-6:50 a.m.		Indoor Cycling Bruce		Indoor Cycling Deb		
7-7:45 a.m.		World Rhythms Michele		World Rhythms Michele		
7:30-8:30 a.m.	Senior Strength Tr. FC Some machines in the fitness center are reserved		Senior Strength Tr. FC Some machines in the fitness center are reserved		Senior Strength Tr. FC Some machines in the fitness center are reserved	
8-9 a.m.	Stability Ball Jinny	Body Blast Bunny	Intermediate Pilates Jinny	Body Blast Bunny	Stability Ball Jinny/Mikki	Indoor Cycling Mikki 8:15 a.m.
9-10 a.m.	Active Older Adults	Fit Over 50	Active Older Adults	Fit Over 50	Active Older Adults	
9:15-10:15 a.m.	Step Mikki	Indoor Cycling Mikki	Step Mikki	Indoor Cycling Mikki	Step-Kick Combo Mikki	
9:30-10:30 a.m.		Senior Stability Ball (AOA)		Functionally Fit 4 Seniors (AOA)		
10:30-11:00 a.m.	Beginner Yoga 1.25 hrs MP Room Jinny	Power Hour Mikki	Yoga MP Room Jinny Gentle Spin Cycle Mikki	Power Hour Mikki	Beginning Pilates Jinny MP Room Strengthen & Stretch Yoga Mikki	
12:15-1:15 p.m.	Intermediate Pilates Jinny					
2-3 p.m.		Developmentally Disabled Fitness FC Some machines in the fitness center are reserved		Developmentally Disabled Fitness FC Some machines in the fitness center are reserved		
4-5 p.m.	Cycling Shawn	Total Body Dano	Intermediate Pilates Jinny		Total Body Dano	
5:15-6:15 p.m.	Step Danielle	Power Hour Dean	World Rhythms	World Rhythms Michele	Power Hour Dean	
6:30-7:30 p.m.	Beginning Pilates Studio	Yoga Michell G.	Cycling Shawn	Beginning Yoga Michell G. 1.25 hrs.		

**Class Locations:** All classes meet in the Studio (through the gymnasium, far left-hand corner) EXCEPT where noted in the Multi-purpose(MP) room at the end of the hallway past the Fitness Center.

- 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.

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