

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## April/May

### Monday

6:00-7:00am	Boot Camp*	Mike
6:00-6:45am	Cardio Spin	Jeanne
8:30-9:15am	Cardio Spin	Val
9:00-10:00am	Cardio Combo	Joanne
8:45-9:30am	Water Aerobics	Staff
9:30-10:00am	Aquatic fitness	Staff
6:00-6:45pm	Cardio Spin	Dawn
6:00-7:00pm	Cardio Kickboxing	Naomi
7:15pm	Boot Camp *	Mike

### Tuesday

8:15-9:15am	Pilates on Ball	Val
8:30-9:15am	Cardio Spin	Dawn
8:00-8:45am	Water Aerobics	Staff
8:45-10:00am	Water Aerobics	Staff
9:00-10:00am	Adult Fitness	JoAnn
9:30-10:00am	Water Walking	Staff
5:45-6:30pm	Pilates	Deb
6:45-7:30pm	Cardio Spin	Terry I
6:30-7:30pm	Ballroom I *	Laurie
7:30-8:30pm	Ballroom II *	Laurie
6:30-7:30pm	Zumba*	Betsy
7:30-8:15pm	Water Aerobics	Staff

### Wednesday

6:00-7:00am	Boot Camp*	Mike
6:00-6:45am	Cardio Spin	Terry/Dawn
8:30-9:15am	Cardio Spin	Val
9:00-9:45am	Cardio Combo	Deb
9:45-10:15am	Muscle/Core	Deb
8:45-9:30am	Water Aerobics	Staff
9:30-10:00am	Aquatic Fitness	Staff
6:00-6:45pm	Cardio Spin	Terry/Kari
6:00-7:00pm	Cardio Kickboxing	Caren
7:00-8:15pm	Yoga *	Patricia

SCHEDULE SUBJECT TO CHANGE!  
CLASSES WILL RUN ACCORDING  
TO CLASS ATTENDANCE!

Classes free to members. Non members may purchase a punch card.

\* Fee for members and non members

### Thursday

8:15-9:15am	Pilates on Ball	Val
8:30-9:15am	Cardio Spin	Dawn A
8:00-8:45am	Water Aerobics	Staff
8:45-9:30am	Water Aerobics	Staff
9:00-10:00am	Adult Fitness	Joanne
9:30-10am	Water Walking	Staff
5:45-6:30pm	Pilates	Deb
6:30-7:30pm	Aerobics Step	Deb
6:45-7:30pm	Cardio Spin	Jeanne
7:15pm	Boot Camp *	Mike
7:30-8:15pm	Water Aerobics	Staff

### Friday

6:00-7:00am	Boot Camp *	Mike
6:00-6:45am	Cardio Spin	Dawn
8:30-9:15am	Cardio Spin	Val
9:00-9:45am	Cardio Combo	Deb
9:45-10:15am	Muscle/Core	Deb
8:45-9:30am	Water Aerobics	Staff
9:30-10:00am	Aquatic Fitness	Staff

### Saturday

7:15-8:00am	Cardio Spin	Jeanne
8:30-9:15am	Step Aerobics	Deb
9:15-10:00am	Adv. Pilates	Deb
10:00-10:45am	Cardio Spin	Naomi

### Sunday

9:15am	Drop in Boot Camp*	Mike
9:15	Cardio Spin	Jeannie/Terry
9:15-10:00am	Gliding	AnnMarie
10:00-10:45am	Pilates	AnnMarie
10:15	Cardio Spin	Staff

### Sign up for a Bike

Sign-up	Class
Sunday	Tuesday
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Saturday
Friday	Sunday
Saturday	Monday

Boot Camp: Pick up a separate flyer.