FEBRUARY GROUP EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday
Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Aerobic Room
	H.I.I.T with Yoga 5:30-6:15 am Danielle		Holy Yoga Intermediate 6-7 am Kenda		Circuit PLUS 5:15-6:15 am Gretchen		Chair Yoga 7:15-7:45 am Ali		Holy Yoga Intermediate 6-7 am Kenda	WAR 5:15-6:15 am Gretchen			Cycle/Boot Camp 5:15 - 6:15am Danielle/ Gretchen		Water Boot Camp 6:15-7 am	STRONG MOMS 9-10 am Please register! FITNESS STUDIO	
	Chair Yoga 7:15-7:45 am Meda	Just for You 9-9:30 am Ali	Beginners Yoga 8:45-9:25 am Meda	Tai Chi Inspired AOA Class 8-8:45 am Glenora	Just for You 9-9:30 am Pamela		SilverSneaker Circuit 8-8:45 am Julia	Just for You 9-9:30 am Ali	Mixed Level Yoga 7:30-8:15 am Meda	Tai Chi Inspired AOA Class 8-8:45 am Glenora	Just for You 9-9:30 am Pamela		SilverSneaker Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Pamela	RIP 8-8:55 am Gretchen	Yoga 8-8:55am Rotation	
	SilverSneaker Circuit 8-8:45 am Pamela	Just for You 9:45-10:15 am Pamela	P90X LIVE 9:30-10:30 am Jen P.	SilverSneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela		PIYO LIVE 9-9:55 am Jen P./ Diane	Just for You 9:45-10:15 am Pamela	TURBOKICK LIVE 9-9:55 am Beth	SilverSneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany	PIYO LIVE 9-9:55 am Jen W.	TURBOKICK LIVE 9-9:55 am Beth	
RIP 9-9:55 am Marian	Pilates with Props 9-9:55 am Diane	Just for You 10:30- 11 am Marian		SilverSneaker Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40 am Marian	Pilates Barre Plus 10-10:55 am Diane	SilverSneaker Yoga 10:15-11 am Julia	Just for You 10:30- 11 am Pamela	RIP 30 10-10:30 am Carol	SilverSneaker Yoga 9:45-10:30 am Jenn B.	Breathing and Relaxation 10:45-11:25 am Jenn B	PowerStep/ Axis 10-11:15 am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30-11 am Pamela	Pilates Barre Plus 10-10:55 am Becky	Zumba® 10-10:55 am Megan	
Boxing Fusion/Abs 10-10:55 pm Jen P.	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 11:15-11:45 am Pamela	Cardio Sculpt 10:45-11:45 am Marion	SilverSneaker Circuit 10:30-11:15 Pamela	Breathing and Relaxation 10:45-11:25 am Jenn B.	Line Dancing 11:15 am-12:45 pm Julia	SilverSneaker Classic 11:15 am-Noon Deb	Just for You 11:15-11:45 am Pamela	Cardio Sculpt 10:45-11:45 am Carol	SilverSneaker Circuit 10:30-11:15 am Pamela		Line Dancing Noon-1:30 pm Marilyn	Silver&Fit Experience 11:15 am-Noon Deb	Just for You 11:15-11:45 am Pamela		SilverSneaker Classic 11:15 am-12 pm Becky	
Line Dancing 11:15 am-12:45 pm Julia	Silver&Fit Experience 11:15 am-Noon Ali								Beginner Line Dancing Noon-1:30 pm Marilyn				Tai Chi Inspired AOA Class 12:30-1:15 pm Glenora				
Beginners Yoga 4:30-5:25pm Jenn B.			Youth Yoga 4:45-5:15pm Meda			Tabata 5:30-6:25 pm Stacey			RIP 5:30-6:25 pm Danielle		AOA Just For You 4:30-5 pm Liz	**Month of February: Date Night Basket Give Away** Enter to win 1 of 4 Date Night Baskets with every visit to the YMCA in February. For members only-1 entry per day.					
PIYO LIVE 5:30-6:25 pm Amanda	Cross training 530-6:25 pm Corey		Pilates Barre Plus 5:30-6:25 pm Stephanie.	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz	Crosstraining 6:30-7:25 pm Danielle K.	**Beginner** PIYO LIVE 5:15-5:55 pm		Zumba® 6:30 - 7:30pm Megan	Step Up 5:30-6:25 pm Rhonda	Youth PiYo 5:30-6pm Jen W.						WAR 5:45-6:30 pm Danielle
Zumba® 6:30-7:25 pm Margarita	TURBOKICK LIVE 6:30-7:25 pm Beth	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30 pm Danielle K.	Mixed Level Yoga 6:30-7:25 pm Meda		Mixed Level Yoga 7:30-8:30 pm Fran	CORE DE FORCE LIVE 6-7 pm Jaclyn	Circuit PLUS 6-6:55 pm Corey	Flow Yoga 7:35 - 8:30pm Rita	PIYO LIVE 6:30-7:30 pm Mallori	STRONG MOMS 6:30-7:30 pm Please register						Dance /H.I.I.T. 6:30-7:30 pm Shannon

MARCH GROUP EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday
Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Aerobic Room
	H.I.I.T with Yoga 5:15-6 am Danielle		Holy Yoga Intermediate 6-7 am Kenda		Circuit PLUS 5:15-6:15 am Gretchen		Chair Yoga 7:15-7:45 am Ali		Holy Yoga Intermediate 6-7 am Kenda	WAR 5:15-6:15 am Gretchen		Beginners Yoga 6:00am-7:00am Dana	Cycle/Boot Camp 5:15 - 6:15am Danielle/ Gretchen		Water Boot Camp 6:15-7 am		
	Chair Yoga 7:15-7:45 am Meda	Just for You 9-9:30 am Ali	Beginners Yoga 8:45-9:25 am Meda	Tai Chi Inspired AOA Class 8-8:45 am Julia C.	Just for You 9-9:30 am Pamela		SilverSneaker Circuit 8-8:45 am Julia	Just for You 9-9:30 am Ali		Tai Chi Inspired AOA Class 8-8:45 am Julia C.	Just for You 9-9:30 am Pamela		SilverSneaker Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Pamela	RIP 8-8:55 am Gretchen	Yoga 8-8:55am Rotation	
	SilverSneaker Circuit 8-8:45 am Pamela	Just for You 9:45-10:15 am Pamela	P90X LIVE 9:30-10:30 am Jen P.	SilverSneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela		PIYO LIVE 9-9:55 am Jen P./ Diane	Just for You 9:45-10:15 am Pamela	TURBOKICK LIVE 9-9:55 am Beth	SilverSneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany	PIYO LIVE 9-9:55 am Jen W.	TURBOKICK LIVE 9-9:55 am Beth	
RIP 9-9:55 am Marian	Pilates with Props 9-9:55 am Diane	Just for You 10:30- 11 am Marian		SilverSneaker Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40 am Marian	Pilates Barre Plus 10-10:55 am Diane	SilverSneaker Yoga 10:15-11 am Julia	Just for You 10:30- 11 am Pamela	RIP 30 10-10:30 am Carol	SilverSneaker Yoga 9:45-10:30 am Jenn B.	Breathing and Relaxation 10:45-11:25 am Jenn B	PowerStep/ Axis 10-11:15 am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30-11 am Pamela	Pilates Barre Plus 10-10:55 am Becky	Zumba® 10-10:55 am Megan	
Boxing Fusion/Abs 10-10:55 pm Jen P.	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 11:15-11:45 am Pamela	Cardio Sculpt 10:45-11:45 am Marion	SilverSneaker Circuit 10:30-11:15 Pamela	Breathing and Relaxation 10:45-11:25 am Jenn B.	Line Dancing 11:15 am-12:45 pm Julia	SilverSneaker Classic 11:15 am-Noon Deb	Just for You 11:15-11:45 am Pamela	Cardio Sculpt 10:45-11:45 am Carol	SilverSneaker Circuit 10:30-11:15 am Pamela		Line Dancing Noon-1:30 pm Marilyn	Silver&Fit Experience 11:15 am-Noon Deb	Just for You 11:15-11:45 am Pamela	SilverSneaker Classic 11:15 am-12 pm Becky	**PICKLE BALL 11a-1p**	
Line Dancing 11:15 am-12:45 pm Julia	Silver&Fit Experience 11:15 am-Noon Ali								Beginner Line Dancing Noon-1:30 pm Marilyn	**PICKLE BALL 12p-1:30p MAIN GYM**			Tai Chi Inspired AOA Class 12:30-1:15 pm Jenn B.				
Beginners Yoga 4:30-5:25pm Jenn B.			Youth Yoga 4:45-5:15pm Meda			**Beginner** PIYO LIVE 5:15-5:55 pm	Tabata 5:30-6:25 pm Stacey		RIP 5:30-6:25 pm Danielle	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz	Annual Support Campaign is now underway! Please see a staff member for more information!					
PIYO LIVE 5:30-6:25 pm Amanda	Cross training 530-6:25 pm Corey	AOA Just For You 4:30-5 pm Liz	Pilates Barre Plus 5:30-6:25 pm Stephanie.	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz	CORE DE FORCE LIVE 6-7 pm Jaclyn	P90X LIVE 6:30-7:25 pm Jen/Danielle K.	AOA Just For You 4:30-5 pm Liz	Zumba® 6:30 - 7:25pm Megan		Youth PiYo 6:15-7pm Jen W.						WAR 5:45-6:30 pm Danielle
Zumba® 6:30-7:25 pm Margarita	TURBOKICK LIVE 6:30-7:25 pm Beth	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30 pm Danielle K.	Mixed Level Flow Yoga 6:30-7:25 pm Casey		Mixed Level Yoga 7:30-8:30 pm Fran		Circuit PLUS 6-6:55 pm Corey									Dance /H.I.I.T. 6:30-7:30 pm Shannon