

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Eastside Family YMCA

August 2010

Beginners try classes marked light blue.

**meets in lobby.

*small aerobics room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday/ Sunday
2 6:00 am Cycle- Jamie 8:30 Group Pump-Jamie *9:00 Yoga-Brenda 9:30 Step Interval-LeeAnn *10:15 Gentle Yoga-Brenda 10:30 20/20/20-Ellen 11:45 SilverSneakers® Cardio Circuit-Marilyn 5:00-5:50 Cycle-Marilyn 6:00 Group Pump-Stephanie 7:00 Zumba-Christin 8:00 Gentle Yoga-Valerie	3 5:45 Intense Fit-Peter 8:15 Fit for Life-Marilyn 9:00 Cycle-Nancy *9:05 Pilates I-Ellen 10:00 Group Pump-Jamie 11:15 SilverSneakers® MSROM-LeeAnn 12:10 Zumba Gold-Margaret 1:00 Tai Chi with May Su 5:00 Cycle-Andrea *6:00 Kid's Yoga cancelled until Sept 6:00 Kick n Pump -Anne 7:00 Yoga/ Pilates-Lezlie	4 8:30 Yoga/Pilates-Brenda 9:30 Intense Fit II-Melinda 10:30 Step & Sculpt-Andrea 11:45 SilverSneakers® CardioCircuit-Kathy 5:00 L.O.A.D.E.D-Jamie 5:30 Core & More-Jamie 6:00 Cycle-Jamie 7:00 Yoga-Brenda	5 5:45 Group Pump-Peter 8:15 Fit for Life-Marilyn 9:00 Cycle-Marilyn 9:00 Pilates II-Nancy 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Melinda 7:15 Zumba-Rachel	6 6:00 Cycle-Peter 8:30 Cycle Express-Jamie *9:00 Yoga-Ellen 9:00 L.O.A.D.E.D.-Jamie 9:30 Kick-Andrea 10:00 Intense Fit I-Andrea 11:15 SilverSneakers® YogaStretch Kathy 8 2:30 Zumba-Rachel	7 8:30 Cycle-Jamie 9:30 Intense Fit- 10:30 Yoga/Pilates-Lezlie 14 8:30 Cycle-Jamie 9:30 Group Pump-Anne 10:30 Yoga/Pilates-Ellen 15 2:30 Zumba-Margaret
9 6:00 Cycle-Jamie 8:30 Group Pump-Stephanie *9:00 Yoga-Deborah 9:30 Cardio Step-Andrea *10:15 Gentle Yoga-Deborah 10:30 20/20/20-Ellen 11:45 SilverSneakers® Cardio Circuit-Tasha 5:00 Cycle-Stephanie 6:00 Group Pump-Jamie 7:00 Zumba-Rachel 8:00 Gentle Yoga-Valerie	10 5:45 Intense Fit-Peter 8:15 Fit for Life-Margaret 9:00 Cycle-Jamie *9:05 Pilates I-Ellen 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-LeeAnn 12:10 Zumba Gold-Margaret 1:00 Tai Chi with May Su 5:00 Cycle-Andrea *6:00 Kid's Yoga cancelled until Sept 6:00 Cardio Kick -Anne 7:00 Yoga/ Pilates-Lezlie	11 8:30 Yoga/Pilates-Deborah 9:30 Intense Fit II-Melinda 10:30 Step Interval-Anne 11:45 SilverSneakers® CardioCircuit-LeeAnn 5:00 L.O.A.D.E.D-Stephanie 5:30 Core & More-Stephanie 6:00 Cycle-Jamie 7:00 Yoga -Brenda	12 5:45 Group Pump-Peter 8:15 Fit for Life-Anne 9:00 Cycle/ Core-Stephanie *9:00 Pilates II-Chris 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Anne 7:15 Zumba-Sabrina	13 6:00 Cycle-Peter 8:30 Cycle Express-Jamie *9:00 Yoga-Deborah 9:00 L.O.A.D.E.D.-Stephanie 9:30 Kick Express-Stephanie 10:00 Intense Fit I-Andrea 11:15 SilverSneakers® YogaStretch Brenda 15 2:30 Zumba-Margaret	14 8:30 Cycle-Jamie 9:30 Group Pump-Anne 10:30 Yoga/Pilates-Ellen 21 8:30 Cycle-Peter 9:30 Intense Fit-Anne 10:30 Yoga/Pilates-Lezlie 22 2:30 Zumba-Rachel
16 6:00 Cycle-Randy 8:30 Group Pump-Stephanie *9:00 Yoga-Deborah 9:30 Cardio Step-LeeAnn *10:15 Gentle Yoga-Deborah 10:30 20/20/20-Ellen 11:45 SilverSneakers® Cardio Circuit-Tasha 5:00-5:50 Cycle-Nancy 6:00 Group Pump-Jamie 7:00 Zumba-Christin 8:00 Gentle Yoga-Valerie	17 5:45 Intense Fit-Peter 8:15 Fit for Life-Margaret 9:00 Cycle-Nancy *9:05 Pilates I-Ellen 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-LeeAnn 12:10 Zumba Gold-Margaret 1:00 Tai Chi with May Su 5:00 Cycle-Andrea *6:00 Kid's Yoga cancelled until Sept 6:00 Kick & Pump -Anne 7:00 Pilates-Lezlie	18 8:30 Yoga/Pilates-Deborah 9:30 Intense Fit II-Melinda 10:30 Step Interval-Stephanie 11:45 SilverSneakers® CardioCircuit-Stephanie 5:00 L.O.A.D.E.D-Lisa 5:30 Core & More-Lisa 6:00 Cycle-Jamie 7:00 Yoga -Brenda	19 5:45 Group Pump-Peter 8:15 Fit for Life-Marilyn 9:00 Cycle/ Core-Chris *9:00 Pilates II-Nancy 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Anne 7:15 Zumba-Sabrina	20 6:00 Cycle-Peter 8:30 Cycle Express-Jamie *9:00 Yoga-Ellen 9:00 L.O.A.D.E.D. -Stephanie 9:30 Kick Express-Stephanie 10:00 Intense Fit I-Andrea 11:15 SilverSneakers® YogaStretch Brenda 22 2:30 Zumba-Rachel	21 8:30 Cycle-Peter 9:30 Intense Fit-Anne 10:30 Yoga/Pilates-Lezlie 28 8:30 Cycle-Randy 9:30 Group Pump-Lisa No 10:30 class-Instructor Training today 29 2:30 Zumba-Margaret
23 6:00 Cycle-Randy 8:30 Group Pump-Stephanie *9:00 Yoga-Brenda 9:30 Step Interval-LeeAnn *10:15 Gentle Yoga-Brenda 10:30 20/20/20-Ellen 11:45 SilverSneakers® Cardio Circuit-Marilyn 5:00-5:50 Cycle-Marilyn 6:00 Group Pump-Lisa 7:00 Zumba-Rachel 8:00 Gentle Yoga-Valerie	24 5:45 Intense Fit-Peter 8:15 Fit for Life-Anne 9:00 Cycle-Nancy & W2R begins *9:05 Pilates I-Ellen 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-LeeAnn 12:10 Zumba Gold-Margaret 1:00 Tai Chi with May Su 5:00 Cycle-Andrea *6:00 Kid's Yoga cancelled until Sept 6:00 Cardio Kick -Anne 7:00 Pilates-Lezlie	25 8:30 Yoga/Pilates-Deborah 9:30 Intense Fit II-Melinda 10:30 Step & Sculpt-LeeAnn 11:45 SilverSneakers® CardioCircuit-LeeAnn 5:00 L.O.A.D.E.D-Lisa 5:30 Core & More-Lisa 6:00 Cycle-Jamie 7:00 Yoga -Brenda	26 5:45 Group Pump-Peter 8:15 Fit for Life-Stephanie 9:00 Cycle/ Core-Chris *9:00 Pilates II-Nancy 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy 5:00 Walk to Run begins- Melinda/Chris 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Melinda 7:15 Zumba-Rachel	27 6:00 Cycle-Peter 8:30 Cycle Express-Jamie *9:00 Yoga-Deborah 9:00 L.O.A.D.E.D.-Jamie 9:30 Turbo Kick-Christin 10:00 Intense Fit I-Andrea 11:15 SilverSneakers® YogaStretch Kathy 29 2:30 Zumba-Margaret	28 8:30 Cycle-Randy 9:30 Group Pump-Lisa No 10:30 class-Instructor Training today 29 2:30 Zumba-Margaret
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Want to Run your first 5K this fall?
Begin **Y Walk to Run (W2R)** this month! Program members welcome to join for \$50. Members free.

Class meets Tuesday 9:00 AM OR Thursday 5:00 PM. You must sign up for this class.
Run the race with us this year!

Print your color monthly schedule on-line at www.ymcagreenville.org Please note that class/instructor are subject to change.

Call ahead after 7:00 PM to sign up for cycle classes 292-2790. After 3:00 PM Friday for weekend classes.

Kid's Fit classes T and Th 9:00 AM (5K and up)-Classes end August 12 and begin again in Sept. Meet in the gym. Be prepared to go outside. Please wear tennis shoes.

Feedback for Fall schedule: Tell us what you like and what needs to change for the fall. Use comment cards or e-mail Stephanie at sbary@ymcagreenville.org

Tai Chi Tuesdays at 1:00 PM

SilverSneakers® II (CardioCircuit) Mon and Wed 11:45-12:45 Class designed for active older adults. SilverSneakers® YogaStretch-Fridays 11:15-12:00

SilverSneakers® I (MSROM) is a range of motion and strengthening class. Class is designed for inactive older adults. Tuesday and Thursdays 11:15-12:00