

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Eastside Family YMCA February 2010

Beginners try classes marked light blue.

**meets in lobby.

*small aerobics room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday/ Sunday
25-Jan 6:00 am Cycle-Randy 8:30 Group Pump-Stephanie *9:00 Yoga-Brenda 9:30 Cardio Step Blast-Stephanie *10:15 Gentle Yoga-Brenda 10:30 20/20/20-Ellen 11:45 SilverSneakers@II-Tasha **5:00 Fit Kids-Stacy & Christina 5:00-5:50 Cycle-Marilyn 6:00 Group Pump-Lisa 7:00 Step & Sculpt-LeeAnn 8:00 Gentle Yoga-Valerie	26 5:45 Intense Fit-Peter 8:15 Fit for Life-LeeAnn 9:00 Cycle-Nancy *9:05 Pilates I-Ellen 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-Stephanie **11:15 Zumba Gold-Margaret 1:00 Tai Chi with May Su 5:00 Cycle/5:45 CORE-Andrea *6:00 Kid's Yoga-Brenda 6:00 Kick -Anne 7:00 Pilates-Lezlie	27 8:30 Yoga/Pilates-Deborah 9:30 Body Blast-Jamie 10:30 Step & Sculpt-Andrea 11:45 SilverSneakers@II-LeeAnn 4:30 Fit Kids Water Class-Stacy 5:00 BLT Express-Lisa 5:30 Arms Express-Lisa 6:00 Cycle-Jamie 7:00 Yoga-Brenda	28 5:45-6:30 Group Pump-Peter 8:15 Fit for Life-Marilyn 9:00 Cycle/ Core-Marilyn *9:00 Pilates II-Nancy 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy **5:00 Fit Kids-Stacy & Jamie 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Melinda 7:30 Zumba-Sabrina	29 6:00 Cycle-Peter 8:30 Cycle Express-Jamie *9:00 Yoga-Deborah 9:00 Kick n Pump-Stephanie 9:45 Ab Attack-Stephanie 10:00 Intense Fit-Melinda 11:15 SilverSneakers® YogaStretch Brenda	30 8:30 Cycle Circuit-Stephanie 9:30 Intense Fit-Anne 10:30 Yoga/Pilates-Ellen 31 2:00 Sunday Cycle-Nancy 3:00 Sunday Zumba-Rachel
1 6:00 Cycle-Randy 8:30 Group Pump-Stephanie *9:00 Yoga-Brenda 9:30 Adv Step-LeeAnn *10:15 Gentle Yoga-Brenda 10:30 20/20/20-Ellen 11:45 SilverSneakers®CC-Tasha **5:00 Fit Kids-Stacy & Christina 5:00-5:50 Cycle-Stephanie 6:00 Group Pump-Lisa 7:00 Step & Sculpt-Charity 8:00 Gentle Yoga-Valerie	2 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-Stephanie **11:15 Zumba Gold-Margaret 1:00 Tai Chi with May Su 5:00 Cycle/5:45 CORE-Andrea *6:00 Kid's Yoga-Brenda 6:00 Kick n Pump -Anne 7:00 Pilates-Lezlie	3 Note Feb Changes> 8:30 Yoga/Pilates-Deborah 9:30 Intense Fit-Melinda 10:30 Step n Sculpt-Stephanie 11:45 SilverSneakers® CardioCircuit-SB 4:30 Fit Kids Water Class-Stacy 5:00 BLT Express-Charity 5:30 Arms Express-Charity 6:00 Cycle-Jamie 7:00 Yoga -Brenda	4 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 Fit Kids-Stacy & Jamie 5:00 Walk to Run-Chris 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Anne 7:15 Zumba-Sabrina	5 6:00 Cycle-Chris 8:30 Cycle Express-Jamie *9:00 Yoga-Deborah 9:00 L.O.A.D.E.D.-Stephanie 9:30 Kick Ab Blast-Stephanie 10:30 Activate -Andrea 11:45 SilverSneakers® YogaStretch Brenda Sign up 4 Activate. Commit to Change New Friday schedule!	6 8:30 Cycle-Randy 9:30 Group Pump-Anne 10:30 Yoga/Pilates-Ellen 7 2:30 Sunday Zumba-Rachel 3:30 Sunday Step-Nancy NOTE TIME CHANGE
8 6:00 Cycle-Randy 8:30 Group Pump-Stephanie *9:00 Yoga-Brenda 9:30 Step n Sculpt-Andrea *10:15 Gentle Yoga-Brenda 10:30 20/20/20-Ellen 11:45 SilverSneakers®CC-Marilyn **5:00 Fit Kids-Stacy & Christina 5:00-5:50 Cycle-Marilyn 6:00 Group Pump-Lisa 7:00 Step & Sculpt-LeeAnn 8:00 Gentle Yoga-Valerie	9 5:45 Intense Fit-Peter 8:15 Fit for Life-Margaret 9:00 Cycle-Nancy (W2R begins) *9:05 Pilates I-Ellen 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-LeeAnn **11:15 Zumba Gold-Margaret 1:00 NO TAI CHI TODAY 5:00 Cycle/5:45 CORE-Andrea *6:00 Kid's Yoga-Brenda 6:00 Cardio Kick -Anne 7:00 Pilates-Marilyn	10 8:30 Yoga/Pilates-Deborah 9:30 Intense Fit-Melinda 10:30 Step Interval-LeeAnn 11:45 SilverSneakers® CardioCircuit-LA 4:30 Fit Kids Water Class-Stacy 5:00 BLT Express-Lisa 5:30 Arms Express-Lisa 6:00 Cycle-Jamie 7:00 Yoga -Brenda	11 5:45 Group Pump-Peter 8:15 Fit for Life-Marilyn 9:00 Cycle/ Core-Marilyn *9:00 Pilates II-Nancy 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy **5:00 Fit Kids Run 4 Fun-Stacy & Jamie 5:00 Walk to Run-Chris 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Melinda 7:15 Zumba-Rachel	12 6:00 Cycle-Peter 8:30 Cycle Express-Stephanie *9:00 Yoga-Ellen 9:00 L.O.A.D.E.D. -Stephanie 9:30 Intense Fit-Melinda 10:30 Activate -Andrea *11:45 SilverSneakers® YogaStretch Kathy	13 8:30 Cycle-Chris 9:30 Intense Fit-Jamie 10:30 Yoga/Pilates-Lezlie 14 2:30 Sunday Zumba-Margaret 3:30 Sunday Cycle-Peter Workout with your Valentine!
15 6:00 Cycle-Randy 8:30 Group Pump-Jamie *9:00 Yoga-Brenda 9:30 Step n Sculpt-LeeAnn *10:15 Gentle Yoga-Brenda 10:30 20/20/20-Marilyn 11:45 SilverSneakers®CC-Tasha **5:00 No Fit Kids today 5:00-5:50 Cycle-Marilyn 6:00 Group Pump-Lisa 7:00 Step & Sculpt-Charity 8:00 Gentle Yoga-Valerie	16 5:45 Intense Fit-Peter 8:15 Fit for Life-LeeAnn 9:00 Cycle-Nancy *9:05 Pilates I-Ellen 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-Stephanie **11:15 Zumba Gold-Margaret 1:00 Tai Chi with May Su 5:00 Cycle/5:45 CORE-Andrea *6:00 Kid's Yoga-Brenda 6:00 Kick n Pump -Anne 7:00 Pilates-Lezlie	17 8:30 Yoga/Pilates-Stephanie 9:30 Intense Fit-Melinda 10:30 Step Interval-LeeAnn 11:45 SilverSneakers® CardioCircuit-LAH 4:30 Fit Kids Water Class-Stacy 5:00 BLT Express-Lisa 5:30 Arms Express-Lisa 6:00 Cycle-Jamie 7:00 Yoga -Brenda	18 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 Fit Kids Run 4 Fun-Stacy & Jamie 5:00 Walk to Run-Chris 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Anne 7:15 Zumba-Sabrina	19 6:00 Cycle-Peter 8:30 Cycle Express-Jamie *9:00 Yoga-Deborah 9:00 L.O.A.D.E.D.-Stephanie 9:30 Cardio Kick-Stephanie 10:30 Activate -Andrea *11:45 SilverSneakers® YogaStretch Brenda	20 8:30 Cycle -Chris 9:30 Group Pump-Jamie 10:30 Yoga/Pilates-Ellen *9:30 Yoga Posture Clinic-Deborah There is a fee for this class Sign up at the front desk. 21 2:30 Sunday Zumba-Rachel 3:30 Sunday Step-Nancy
22 6:00 Cycle-Randy 8:30 Group Pump-Stephanie *9:00 Yoga-Brenda 9:30 Adv. Step-Stephanie *10:15 Gentle Yoga-Brenda 10:30 20/20/20-Ellen 11:45 SilverSneakers®CC-Tasha **5:00 Fit Kids-Stacy & Christina 5:00-5:50 Cycle-Marilyn 6:00 Group Pump-Lisa 7:00 Step & Sculpt-LeeAnn 8:00 Gentle Yoga-Valerie	23 5:45 Intense Fit-Peter 8:15 Fit for Life-LeeAnn 9:00 Cycle-Nancy *9:05 Pilates I-Ellen 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-Stephanie **11:15 Zumba Gold-Margaret 1:00 Tai Chi with May Su 5:00 Cycle/5:45 CORE-Andrea *6:00 Kid's Yoga-Brenda 6:00 Cardio Kick -Anne 7:00 Pilates-Marilyn	24 8:30 Yoga/Pilates-Deborah 9:30 Intense Fit-Melinda 10:30 Step & Sculpt-Stephanie 11:45 SilverSneakers® CardioCircuit-Step 4:30 Fit Kids Water Class-Stacy 5:00 BLT Express-Lisa 5:30 Arms Express-Lisa 6:00 Cycle-Jamie 7:00 Yoga-Brenda	25 5:45 Group Pump-Peter 8:15 Fit for Life-Marilyn 9:00 Cycle/ Core-Marilyn *9:00 Pilates II-Nancy 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy **5:00 Fit Kids Run for Fun-Stacy & Jamie 5:00 Walk to Run-Chris 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Melinda 7:15 Zumba-Sabrina	26 6:00 Cycle-Chris 8:30 Cycle Express-Jamie *9:00 Yoga-Ellen 9:00 L.O.A.D.E.D-Stephanie 9:30 Intense Fit-Melinda 10:30 Activate -Andrea *11:45 SilverSneakers® YogaStretch Brenda	27 8:30 Cycle -Peter 9:30 Intense Fit-Anne 10:30 Yoga/Pilates-Lezlie 28 2:30 Sunday Zumba-Margaret 3:30 Sunday Cycle-Nancy

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.

Run the Eastside Family YMCA 5K in April! Chris will train you for the next 10 weeks! Sign up for Walk to Run beginning TH Feb 4th 5:00 PM & Tuesday Feb 9th 9:00 AM Activate - Fridays 10:30 AM. Sign up Front Desk. You'll do a progressive weighted workout and learn a new group exercise skill each class: Step, Pilates, Kick, Cycle, etc. FUN!!!

Tai Chi Tuesdays at 1:00 PM- no class Feb 9th

SilverSneakers® II (CardioCircuit) Mon and Wed 11:45-12:45 Class designed for active older adults. SilverSneakers® YogaStretch-Fridays 11:45-12:30

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