

# Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Eastside Family YMCA

### Weekly Schedule February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:55 AM Cycle Randy	5:45-6:30 AM Intense Fit Peter		5:45-6:30 AM Group Pump Peter	6:00-6:55 AM Cycle Peter/ Chris		
8:30-9:25 AM Group Pump Stephanie	8:15-8:55 AM Fit for Life Margaret/ LeeAnn	8:30-9:25 AM Yoga Deborah	8:15-8:55 AM Fit for Life Marilyn/ Stephanie	8:30-9:00 AM Cycle Express Jamie	8:30-9:25 AM Cycle Randy-Chris- Peter	
*9:00-10:00 Yoga Brenda	*9:00-10:00 Pilates I Ellen		*9:00-10:00 Pilates II Nancy	*9:00-10:00 Yoga Ellen Deborah		
9:30-10:25 Adv. Step LeeAnn/ Andrea Stephanie	9:00-9:55 Cycle Nancy 9:00 Walk to Run -Feb 9th- Sign up!	9:30-10:25 Intense Fit- Melinda (tougher class than Fridays)	9:00-9:55 Cycle Chris/Marilyn	9:00-9:30 L.O.A.D.E.D. Stephanie	9:30-10:25 Group Pump or Intense Fit Anne /Jamie	
*10:15-11:00 Gentle Yoga Brenda	10:00-11:00 Group Pump Chris		10:00-11:00 Zumba Margaret	9:30-10:25 Cardio Kick 5 <sup>th</sup> & 19 <sup>th</sup> -Steph Intense Fit-12 <sup>th</sup> & 26 <sup>th</sup> - Melinda	*9:30 Feb 20th Yoga Posture Clinic -Deborah Sign up front desk (cost \$5)	
10:30-11:30 20/20/20 Ellen Marilyn 8th	*11:15-12:00 Zumba Gold – Margaret	10:30-11:30 Step/Sculpt Stephanie 3 <sup>rd</sup> 24 <sup>th</sup> LeeAnn 10 <sup>th</sup> & 17 <sup>th</sup>		10:30-11:30 Activate Andrea Sign up in class Feb 5th	10:30-11:30 Yoga/Pilates Ellen Lezlie	2:30-3:25 Zumba- Rachel-7 <sup>th</sup> & 21 <sup>st</sup> Margaret-14 <sup>th</sup> & 28 <sup>th</sup>
11:45-12:45 SilverSneakersII® Cardio Circuit Marilyn / Tasha	11:15-12:00 SilverSneakers® MSROM LeeAnn/Stephanie	11:45-12:45 SilverSneakersII® Cardio Circuit Stephanie/ LeeAnn	11:15-12:00 SilverSneakers® MSROM Kathy	11:45-12:30 SilverSneakers® YogaStretch Brenda		3:30-4:30 Step 7 <sup>th</sup> & 21 <sup>st</sup> --Nancy Cycle-14 <sup>th</sup> & 28 <sup>th</sup> Peter/ Nancy
	1:00 Tai Chi -May Su No class Feb 9th		5:00-6:00 Walk to Run-Chris Begins Feb. 4th			
5:00-5:50 Cycle Marilyn	5:00-5:45 Cycle Andrea	5:00 -5:30 BLT Express Lisa	5:00-5:30 Pilates Express Ellen			
5:00-5:30 Fit Kids-(gym) Stacy & Christina No class Feb 15th	*6:00-6:30 Kid's Yoga Brenda	4:30-5:00 Fit Kids Water Stacy (meets pool)	5:00-5:30 Fit Kids Stacy & Jamie (gym-Run 4 Fun begins Feb. 11 <sup>th</sup> )			
	5:45-5:55 ABS Andrea	5:30-5:55 Arms Express Lisa	5:30 -6:00 Cycle Express Ellen			
6:00-6:55 Group Pump Lisa	6:00-6:55 Kick or Kick n pump Anne	6:00-6:55 Cycle Jamie	6:10-7:05 Intense Fit Anne Melinda			
7:00-7:55 Step n Sculpt LeeAnn 8th & 22nd Charity 1st & 15th	7:00-8:00 Pilates Marilyn/Lezlie	7:00-8:00 Yoga Brenda	7:15-8:15 Zumba Sabrina Rachel 11th			*Small Group Exercise Room
8:00-8:55 Yoga Valerie						

Purple –Older Adult Classes. Red-Kids ages 5-12 . Green-Sign up/ beginners encouraged to join.