

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Eastside Family YMCA March 2010

Beginners try classes marked light blue.

\*\*meets in lobby.

\*small aerobics room

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		Saturday/ Sunday			
1	6:00 am Cycle-Randy 8:30 Group Pump-Stephanie *9:00 Yoga-Brenda 9:30 Step Interval-Andrea <b>*10:15 Gentle Yoga-Brenda</b> 10:30 20/20/20-Ellen 11:45 SilverSneakers® Cardio Circuit-Tasha **5:00 Fit Kids-Stacy & Christina 5:00-5:50 Cycle-Lisa 6:00 Group Pump-Lisa 7:00 Step & Sculpt-LeeAnn 8:00 Gentle Yoga-Valerie	2	5:45 Intense Fit-Peter <b>8:15 Fit for Life-Stephanie</b> 9:00 Cycle-Nancy & W2Run-Chris <b>*9:05 Pilates I-Ellen</b> 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-LeeAnn <b>**11:15 Zumba Gold-Margaret</b> 1:00 Tai Chi with May Su 5:00 Cycle/5:45 CORE-Andrea <b>*6:00 Kid's Yoga-Brenda</b> 7:00 Pilates-Lezlie	3	8:30 Yoga/Pilates-Deborah 9:30 Intense Fit-Melinda 10:30 Step & Sculpt-LeeAnn 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	4	5:45 Group Pump-Peter <b>8:15 Fit for Life-LeeAnn</b> 9:00 Cycle/ Core-Chris *9:00 Pilates II-Nancy 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy 5:00 Walk 2Run-Chris **5:00 Fit Kids-Stacy & Jamie 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Melinda 7:15 Zumba-Rachel	5	6:00 Cycle-Chris <b>Floors are refinished this weekend in big room: note changes</b> *9:00 Yoga-Ellen <b>9:00 Bootie Camp (all levels) (gym) Stephanie &amp; Jamie</b> <b>*10:30 Activate (kick)-Andrea</b> *11:45 SilverSneakers YogaStretch-Brenda	6	<b>9:00 Boot Camp-Peter</b> Meets in lobby. Be prepared to go outside & play! Bring towel/water <b>*10:30 Yoga/Pilates-Valerie</b>	7	no classes floor refinishing
8	6:00 Cycle-Randy 8:30 Group Pump-Stephanie *9:00 Yoga-Brenda 9:30 Adv Step-LeeAnn <b>*10:15 Gentle Yoga-Brenda</b> 10:30 20/20/20-Ellen 11:45 SilverSneakers® Cardio Circuit-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	9	5:45 Intense Fit-Peter <b>8:15 Fit for Life-Margaret</b> 9:00 Cycle-Nancy & W2Run-Chris <b>*9:05 Pilates I-Ellen</b> 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-LeeAnn <b>**11:15 Zumba Gold-Margaret</b> 1:00 Tai Chi with May Su 5:00 Cycle/5:45 CORE-Andrea <b>*6:00 Kid's Yoga-Brenda</b> 6:00 Kick n Pump -Anne 7:00 Pilates-Deborah	10	8:30 Yoga/Pilates-Deborah 9:30 Intense Fit-Melinda 10:30 Step Interval-Stephanie 11:45 SilverSneakers® CardioCircuit-SB  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 <b>8:15 Fit for Life-Marilyn</b> 9:00 Cycle/ Core-Marilyn *9:00 Pilates II-Nancy 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy 5:00 Walk 2Run-Chris **5:00 Fit Kids-Stacy & Jamie 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Anne 7:15 Zumba-Sabrina	12	6:00 Cycle-Peter <b>8:30 Cycle Express-Jamie</b> *9:00 Yoga-Deborah 9:00 L.O.A.D.E.D.-Stephanie 9:30 Kick-Stephanie 10:05 Core & Stretch-Stephanie <b>10:30 Activate (cycle) -Andrea</b> 11:45 SilverSneakers® YogaStretch-Brenda	13	8:30 Cycle-Chris 9:30 Group Pump-Jamie <b>10:30 Yoga/Pilates-Ellen</b>  <b>*9:30 Yoga Posture Clinic-</b> Brenda. Sign up front desk There is a fee for this class.	14	2:30 Sunday Zumba-Margaret 3:30 Sunday Cycle-Stephanie
15	6:00 Cycle-Peter 8:30 Group Pump-Stephanie *9:00 Yoga-Brenda 9:30 Step n Sculpt-Stephanie <b>*10:15 Gentle Yoga-Brenda</b> 10:30 20/20/20-Ellen 11:45 SilverSneakers® Cardio Circuit-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	16	5:45 Intense Fit-Peter <b>8:15 Fit for Life-Anne</b> 9:00 Cycle-Nancy & W2Run-Chris <b>*9:05 Pilates I-Ellen</b> 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-LeeAnn <b>**11:15 Zumba Gold-Margaret</b> 1:00 Tai Chi with May Su 5:00 Cycle/5:45 CORE-Jamie <b>*6:00 Kid's Yoga-Brenda</b> 6:00 Cardio Kick -Anne 7:00 Pilates-Marilyn	17	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	18	5:45 Group Pump-Peter <b>8:15 Fit for Life-LeeAnn</b> 9:00 Cycle/ Core-Chris *9:00 Pilates II-Nancy 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy 5:00 Walk 2Run-Chris **5:00 Fit Kids Run 4 Fun-Stacy & Jamie 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Melinda 7:15 Zumba-Sabrina	19	6:00 Cycle-Chris <b>8:30 Cycle Express-Jamie</b> *9:00 Yoga-Ellen 9:00 L.O.A.D.E.D. -Stephanie 9:30 Intense Fit-Melinda <b>10:30 Activate (step) -Andrea</b> 11:45 SilverSneakers® YogaStretch-Brenda <b>Cycle-a-thon for Open Doors</b> <b>All day --sign up for a team!</b>	20	8:30 Cycle-Randy 9:30 Intense Fit-Anne <b>10:30 Yoga/Pilates-Lezlie</b>	21	2:30 Sunday Zumba-Rachel 3:30 Sunday Cycle-Peter
22	6:00 Cycle-Randy 8:30 Group Pump-Stephanie *9:00 Yoga-Brenda 9:30 Step n Sculpt-LeeAnn <b>*10:15 Gentle Yoga-Brenda</b> 10:30 20/20/20-Marilyn 11:45 SilverSneakers® Cardio Circuit-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 <b>8:15 Fit for Life-LeeAnn</b> 9:00 Cycle-Nancy & W2Run-Chris <b>*9:05 Pilates I-Ellen</b> 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-Stephanie <b>**11:15 Zumba Gold-Margaret</b> 1:00 Tai Chi with May Su 5:00 Cycle/5:45 CORE-Andrea <b>*6:00 Kid's Yoga-Brenda</b> 7:00 Pilates-Marilyn	24	8:30 Yoga/Pilates-Deborah 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	25	5:45 Group Pump-Peter <b>8:15 Fit for Life-Stephanie</b> 9:00 Cycle/ Core-Chris *9:00 Pilates II-Nancy 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy 5:00 Walk 2Run-Chris **5:00 Fit Kids Run 4 Fun-Stacy & Jamie 5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Anne 7:15 Zumba-Sabrina	26	6:00 Cycle-Chris <b>8:30 Cycle Express-Jamie</b> *9:00 Yoga-Deborah 9:00 L.O.A.D.E.D.-Jamie 9:30 Intense Fit-Melinda <b>10:30 Activate (review) -Andrea</b> 11:45 SilverSneakers® YogaStretch-Brenda	27	8:30 Cycle -Peter 9:30 Group Pump-Jamie <b>10:30 Yoga/Pilates-Ellen</b>	28	2:30 Sunday Zumba-Margaret 3:30 Sunday Step-Nancy
29	6:00 Cycle-Randy *9:00 Yoga-Brenda 9:00 Spring Break Fit Camp-Jamie <b>*10:15 Gentle Yoga-Brenda</b> 10:30 20/20/20-Ellen 11:45 SilverSneakers® Cardio Circuit-Marilyn **5:00 Fit Kids-No Fit Kids this week 5:00-5:50 Cycle-Marilyn 6:00 Group Pump-Lisa 7:00 Step & Sculpt-Charity 8:00 Gentle Yoga-Valerie	30	5:45 Intense Fit-Peter <b>8:15 Fit for Life-Margaret</b> 9:00 Cycle-Nancy & W2Run-Chris <b>*9:05 Pilates I-Ellen</b> 10:00 Group Pump-Chris 11:15 SilverSneakers® MSROM-Marilyn <b>**11:15 Zumba Gold-Margaret</b> 1:00 Tai Chi with May Su 5:00 Cycle/5:45 CORE-Jamie <b>*6:00 No Kid's Yoga tonight</b> 6:00 Kick n Pump -Jamie 7:00 Pilates-Valerie	31	8:30 Yoga/Pilates-Chris 9:30 Intense Fit-Melinda 10:30 Step & Sculpt-Charity 11:45 SilverSneakers® CardioCircuit-Ellen  5:00 BLT Express-Lisa 5:30 Arms Express-Lisa 6:00 Cycle-Jamie 7:00 Yoga-Brenda	1	5:45 Group Pump-Peter <b>8:15 Fit for Life-Marilyn</b> 9:00 Cycle-Chris 9:00 Pilates II-Marilyn 10:00 Zumba-Margaret 11:15 SilverSneakers® MSROM-Kathy 5:00 Walk 2Run-Chris  5:00 Pilates Express-Ellen 5:30 Cycle Express-Ellen 6:10 Intense Fit -Melinda <b>No Zumba tonight</b>	2	6:00 Cycle-Peter  *9:00 Yoga-Brenda 9:00 Spring Break Fit Camp-Jamie Cycle, Pump, Fun! Sign up <b>11:15 SilverSneakers® YogaStretch</b> with Brenda--Note time change				

Print your color monthly schedule on-line at [www.ymcagreenville.org](http://www.ymcagreenville.org) Please note that class/instructor are subject to change.

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

Run the Eastside Family YMCA 5K in April! Walk to Run began in February, but you can still run with the classes: Tues 9:00 AM or TH 5:00 PM. Sign up to join the group.

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. This month: kick, cycle, step. FUN!!!

**Tai Chi Tuesdays at 1:00 PM**

SilverSneakers® II (CardioCircuit) Mon and Wed 11:45-12:40 Class designed for active older adults. SilverSneakers® YogaStretch-Fridays 11:45-12:00

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