

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<h1 style="margin: 0;">FEBRUARY 2010</h1> <h2 style="margin: 0;">GROUP EXERCISE SCHEDULE</h2> <p style="margin: 0;">Golden Strip Branch – Lori D – Wellness Coordinator For Questions please email – ldredge@ymcagreenville.org</p>					
1 5:40 (M)CORE CYCLE Sandy 5:40 (A) ZUMBA Adrian 8:30(A) BODY SCULPT Ann 8:30(M) BALLET FIT Whitney 9:25(A)AB BLAST(15mn) Melanie 9:00(Gym) INTERVAL Jeannie 9:30(M) CYCLE (50mn) Ann 9:40(A) ZUMBA Melanie 10:35(M) YOGA Katherine 10:45(A) S SNEAKERS I™ Cynthia 11:35(A)SSneakersYogaStretch™LD 5:45(A) STEP 2/3 Lori 6:00(M) CYCLE Kristi 6:30(A)BODY SCULPT (EXP) Lori 7:00(A) ZUMBA Katherine K	2 5:40(A) BODY SCULPT Kristi 8:15(M) CYCLE (50-60mn) Kristi 8:30(A) CARDIO PUMP Ann 9:30(M) PILATES Kristi 9:35(A) BODY POWER Katherine 10:45(A) S SNEAKERS II™ Katherine 4:45(A) Kid Fit (Ages 4-7) Angela 5:20(M)YouthCardioStrength(Ages8-12) Angela 5:45(A)INTERVAL (EXP) Jeannie 6:00 (M) YOGA Pandora 6:15(A) STEP (EXP) Jeannie 6:45(A) BODY SCULPT (45mn) Jeannie 7:05(M) PILATES Melissa	3 5:40(M) CORE CYCLE Lori 5:40 (A) YOGA Pandora 8:30(M) PILATES 1 Kristi 8:30(A) ZUMBA Cynthia 9:15(outside) Y Walk to Run Whitney 9:30(M) BODY SCULPT Cynthia 9:30(A) TURBO KICK Ann 10:35 (M) YOGA Pandora 10:30(A) ZUMBA Melanie 11:35(A)SSneakersYogaStretch™KJ Ann 6:00(A) ZUMBA Ann 6:00(M) CYCLE(50-60mn) Kristi 7:05(M) AB BLAST (15mn) Kristi 7:00(A) EZ STEP & SCULPT Jolene	4 5:40(A) BODY SCULPT Lori 8:15(M) CYCLE(50-60mn) Lori 8:30(A) BODY SCULPT Kristi 9:30(M) PILATES Becky 9:35(A) STEP& SCULPT Ann 10:45(A) S SNEAKERS I™ Cynthia 4:45(A)Fliptastic (Ages 4-7)45 min. Shawna & Christina 5:50(M)PILATES 1 Jolene 6:00(A) TURBO KICK Angela 6:45(M) CYCLE Nina 7:00(A) BODY SCULPT Melissa	5 5:40(M) CYCLE(60mn) Kristi 6:15(A) YOGAFLEX(30mn) Pandora 8:00(A) STEP 2/3 Lori 8:30(M) YOGA Becky 9:00(A) BODY SCULPT Leslie 9:00(Gym) INTERVAL Katherine 9:30(M) CYCLE(50-60mn) Ann 9:45(A)ZUMBA Cynthia 10:45(A)SILVER SNEAKERS II™ Ann 5:00(M) YOUTH YOGA Becky 5:30(M) YOGA Becky	6 8:20(M) YOGA Becky 8:30(A) ZUMBA Adrian 9:40(A) BODY POWER Leslie 7 NO SUNDAY CLASSES
8 5:40(M) CORE CYCLE Sandy 5:40 (A) ZUMBA Adrian 8:30(A) BODY SCULPT Ann 8:30(M) BALLET FIT Whitney 9:25(A)AB BLAST(15mn) Ann 9:00(Gym) INTERVAL Jeannie 9:30(M) CYCLE (50mn) Katherine 9:40(A) ZUMBA Ann 10:35(M) YOGA Katherine 10:45(A) S SNEAKERS I™ Jan 11:35(A)SSneakersYogaStretch™LD 5:45(A) STEP 2/3 Lori 6:00(M) CYCLE Jolene 6:30(A)BODY SCULPT (EXP) Lori 7:00(A) ZUMBA Katherine K	9 5:40(A) BODY SCULPT Kristi 8:15(M) CYCLE (50-60mn) Kristi 8:30(A) CARDIO PUMP Ann 9:30(M) PILATES Kristi 9:35(A) BODY POWER Ann 10:45(A) S SNEAKERS II™ Katherine 4:45(A) Kid Fit (Ages 4-7) Angela 5:20(M)YouthCardioStrength(Ages8-12) Angela 5:45(A)INTERVAL (EXP) Ann 6:00 (M) YOGA Crystal 6:15(A) STEP (EXP) Ann 6:45(A) BODY SCULPT (45mn) Jeannie 7:05(M) PILATES Katherine	10 5:40(M) CORE CYCLE Lori 5:40 (A) YOGA Pandora 8:30(M) PILATES 1 Kristi 8:30(A) ZUMBA Cynthia 9:15(outside) Y Walk to Run Whitney 9:30(M) BODY SCULPT Cynthia 9:30(A) TURBO KICK Ann 10:35 (M) YOGA Katherine 10:30(A) ZUMBA Melanie 11:35(A)SSneakersYogaStretch™Ann 6:00(A) ZUMBA Melanie 6:00(M) CYCLE(50-60mn) Jeannie 7:05(M) AB BLAST (15mn) Jeannie 7:00(A) EZ STEP & SCULPT Jolene	11 5:40(A) BODY SCULPT Lori 8:15(M) CYCLE(50-60mn) Lori 8:30(A) BODY SCULPT Sandy 9:30(M) PILATES Katherine 9:35(A) STEP& SCULPT Ann 10:45(A) S SNEAKERS I™ Cynthia 4:45(A)Fliptastic (Ages 4-7)45 min. Shawna & Christina 5:50(M)PILATES 1 Jolene 6:00(A) TURBO KICK Angela 6:45(M) CYCLE Nina 7:00(A) BODY SCULPT Jeannie	12 5:40(M) CYCLE(60mn) Kristi 6:15(A) YOGAFLEX(30mn) Pandora 8:00(A) STEP 2/3 Lori 8:30(M) YOGA Becky 9:00(A) BODY SCULPT Katherine 9:00(Gym) INTERVAL Ann 9:30(M) CYCLE(50-60mn) Cynthia 9:45(A)ZUMBA Melanie 10:45(A)SILVER SNEAKERS II™ Ann 5:00(M) YOUTH YOGA Becky 5:30(M) YOGA Becky	13 8:20(M) YOGA Becky 8:30(A) ZUMBA Ann 9:40(A) BODY POWER Jeannie 14 NO SUNDAY CLASSES
15 5:40(M)CORE CYCLE Sandy 5:40 (A) ZUMBA Adrian 8:30(A) BODY SCULPT Ann 8:30(M)BALLET FIT Whitney 9:25(A)AB BLAST(15mn) Melanie 9:00(Gym) INTERVAL Jeannie 9:30(M) CYCLE (50mn) Ann 9:40(A) ZUMBA Melanie 10:35(M) YOGA Pandora 10:45(A) SSNEAKERS I™ Jan 11:35(A)SSneakersYogaStretch™LD 5:45(A) STEP 2/3 Lori 6:00(M) CYCLE Kristi 6:30(A)BODY SCULPT (EXP) Lori 7:00(A) ZUMBA Katherine K	16 5:40(A) BODY SCULPT Kristi 8:15(M) CYCLE (50-60mn) Kristi 8:30(A) CARDIO PUMP Ann 9:30(M) PILATES Kristi 9:35(A) BODY POWER Katherine 10:45(A) S SNEAKERS II™ Katherine 4:45(A) Kid Fit (Ages 4-7) Angela 5:20(M)YouthCardioStrength(Ages8-12) Angela 5:45(A)INTERVAL (EXP) Melanie 6:00 (M) YOGA Becky 6:15(A) STEP (EXP) Melanie 6:45(A) BODY SCULPT*** Jeannie **Class is 30 minutes tonight only! 7:05 (M) PILATES Melissa	17 5:40(M) CORE CYCLE Lori 5:40 (A) YOGA Pandora 8:30(M) PILATES 1 Kristi 8:30(A) ZUMBA Cynthia 9:15(outside) Y Walk to Run Whitney 9:30(M) BODY SCULPT Cynthia 9:30(A) TURBO KICK Ann 10:35 (M) YOGA Ann 10:30(A) ZUMBA Melanie 11:35(A)SSneakersYogaStretch™KJ Ann 6:00(A) ZUMBA Ann 6:00(M) CYCLE(50-60mn) Jeannie 7:05(M) AB BLAST (15mn) Jeannie 7:00(A) EZ STEP & SCULPT Jolene	18 5:40(A) BODY SCULPT Lori 8:15(M) CYCLE(50-60mn) Lori 8:30(A) BODY SCULPT Katherine 9:30(M) PILATES Katherine 9:35(A) STEP& SCULPT Ann 10:45(A) S SNEAKERS I™ Cynthia 4:45(A)Fliptastic (Ages 4-7)45 min. Shawna & Christina 5:50(M)PILATES 1 Jolene 6:00(A) TURBO KICK Angela 6:45(M) CYCLE Nina 7:00(A) BODY SCULPT Melissa	19 5:40(M) CYCLE(60mn) Jolene 6:15(A) YOGAFLEX(30mn) Pandora 8:00(A) STEP 2/3 Lori 8:30(M) YOGA Becky 9:00(A) BODY SCULPT Leslie 9:00(Gym) INTERVAL Katherine 9:30(M) CYCLE(50-60mn) Cynthia 9:45(A)ZUMBA Ann 10:45(A)SILVER SNEAKERS II™ Ann 5:00(M) YOUTH YOGA Becky 5:30(M) YOGA Becky	20 8:20(M) YOGA Crystal 8:30(A) ZUMBA Ann 9:40(A) BODY POWER Leslie 21 NO SUNDAY CLASSES
22 5:40 (M)CORE CYCLE Sandy 5:40(A) ZUMBA Adrian 8:30(A) BODY SCULPT Ann 8:30 (M) BALLET FIT Whitney 9:25(A)AB BLAST(15mn) Ann 9:00(Gym) INTERVAL Jeannie 9:30(M) CYCLE (50mn) Katherine 9:40(A) ZUMBA Ann 10:35(M) YOGA Katherine 10:45(A) S SNEAKERS I™ Cynthia 11:35(A)SSneakers Yoga Stretch™LD 5:45(A)STEP 2/3 Lori 6:00(M) CYCLE Kristi 6:30(A)BODY SCULPT (EXP) Lori 7:00(A) ZUMBA Katherine K	23 5:40(A) BODY SCULPT Kristi 8:15(M) CYCLE (50-60mn) Kristi 8:30(A) CARDIO PUMP Ann 9:30(M) PILATES Kristi 9:35(A) BODY POWER Ann 10:45(A) S SNEAKERS II™ Katherine 4:45(A) Kid Fit (Ages 4-7) Angela 5:20(M)YouthCardioStrength(Ages8-12) Angela 5:45(A)INTERVAL (EXP) Jeannie 6:00 (M) YOGA Becky 6:15(A) STEP (EXP) Jeannie 6:45(A) BODY SCULPT (45mn) Jeannie 7:05(M) PILATES Katherine	24 5:40(M) CORE CYCLE Lori 5:40 (A) YOGA Pandora 8:30(M) PILATES 1 Ann 8:30(A) ZUMBA Cynthia 9:15(outside) Y Walk to Run Whitney 9:30(M) BODY SCULPT Cynthia 9:30(A) TURBO KICK Ann 10:35 (M) YOGA Katherine 10:30(A) ZUMBA Melanie 11:35(A)SSneakers YogaStretch™KJ Ann 6:00(A) ZUMBA Melissa 6:00(M) CYCLE(50-60mn) Jeannie 7:05(M) AB BLAST (15mn) Jeannie 7:00(A) EZ STEP & SCULPT Jolene	25 5:40(A) BODY SCULPT Lori 8:15(M) CYCLE(50-60mn) Lori 8:30(A) BODY SCULPT Kristi 9:30(M) PILATES Katherine 9:35(A) STEP& SCULPT Ann 10:45(A) S SNEAKERS I™ Katherine 4:45(A)Fliptastic (Ages 4-7)45 min. Shawna & Christina 5:50(M)PILATES 1 Becky 6:00(A) TURBO KICK Angela 6:45(M) CYCLE Nina 7:00(A) BODY SCULPT Melissa	26 5:40(M) CYCLE(60mn) Kristi 6:15(A) YOGAFLEX(30mn) Pandora 8:00(A) STEP 2/3 Lori 8:30(M) YOGA Becky 9:00(A) BODY SCULPT Cynthia 9:00(Gym) INTERVAL Ann 9:30(M) CYCLE(50-60mn) Katherine 9:45(A)ZUMBA Melanie 10:45(A)SILVER SNEAKERS II™ Ann 5:00(M) YOUTH YOGA Becky 5:30(M) YOGA Becky	27 8:20(M) YOGA Crystal 8:30(A) ZUMBA Melanie 9:40(A) BODY POWER Leslie 28 NO SUNDAY CLASSES

