


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>First we make our attitudes. Then our attitudes make us. -Denise Waitley</p> <p>***New class!!!! Run/Bike/Swim. Work in a class with likeminded people trying to achieve either better TRI results OR if you're thinking of doing a TRI and consider yourself a beginner, this class is an avenue for that. **Due to space limitations, the order of the run/bike/swim may alternate from week to week. 30 min. of each.</p>	<h1>JULY 2010</h1> <h2>GROUP EXERCISE SCHEDULE</h2> <p>Golden Strip Branch – Lori Dredge – Wellnsss Coordinator For Questions please email – ldredge@ymcagreenville.org</p>		<p>1</p> <p>5:40(A) BODY SCULPT Gretchen 8:15(M) CYCLE(50-60mn) Ann 8:30(A) BODY SCULPT Kristi 9:30(M) PILATES Becky 9:35(A) STEP& SCULPT Ann 10:45(A) S SNEAKERS I™ Cynthia</p> <p>5:50(M)PILATES 1 Becky 6:00(A) TURBO KICK Angela 6:45(M) CYCLE NO CLASS TONIGHT 7:00(A) BODY SCULPT Angela</p>	<p>2</p> <p>5:40(M) CYCLE(60mn) Sandy 6:15(A)YOGAFLEX- NO CLASS TODAY 8:00(A) STEP 2/3 Ann 8:30(M) YOGA Becky 8:30(outside) INTERVAL Jeannie 9:00(A) BODY SCULPT Ann 9:30(M) CYCLE(50-60mn) Cynthia 9:45(A)ZUMBA Melanie 10:45(A)SILVER SNEAKERS II™ Cynthia</p> <p>5:00(M) YOUTH YOGA Becky 5:30(M) YOGA Becky</p>	<p>3</p> <p>8:20(M) YOGA Becky 8:30(A) ZUMBA Adrian 9:40(A) BODY POWER Leslie</p> <hr/> <p>4</p> <p style="text-align: center;">JULY 4th - YMCA CLOSED</p> 
<p>5 5:40 (M) CYCLE(60mn) Jolene 5:40 (A) ZUMBA Adrian 8:30(A) BODY SCULPT Ann 8:30(outside) INTERVAL Angela 9:25(A)AB BLAST(15mn) Melanie 9:30(M) CYCLE (50mn) Ann 9:40(A) ZUMBA Melanie 10:35(M) YOGA Andrea 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 Tennille</p>	<p>6</p> <p>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</p> <p>5:45(A)INTERVAL (EXP) Gretchen 6:00 (M) YOGA Becky 6:15(A) STEP (EXP) Gretchen 6:45(A) BODY SCULPT (45mn)Jeannie 7:05(M) PILATES Melissa</p>	<p>7</p> <p>5:40(M) CORE CYCLE Lori 5:40 (A) YOGA Pandora 8:30(M) PILATES 1 Kristi 8:30(A) ZUMBA Cynthia 9:30(M) BODY SCULPT Cynthia 9:30(A) TURBO KICK Angela 10:35 (M) YOGA Ann 10:30(A) ZUMBA Melanie 11:35(A)SSneakers YogaStretch™ KJ 6:00(A) ZUMBA Jeannie 6:00(M) CYCLE(50-60mn) Jeannie 7:05(M) AB BLAST (15mn) Jeannie 7:00(A) YOGA Crystal</p>	<p>8</p> <p>5:35 RUN/BIKE/SWIM(90 mn) Jolene 5:40(A) BODY SCULPT Lori 8:15(M) CYCLE(50-60mn) Lori 8:30(A) BODY SCULPT Ann 9:30(M) PILATES Katherine 9:35(A) STEP& SCULPT Ann 10:45(A) S SNEAKERS I™ Katherine</p> <p>5:50(M)PILATES 1 Jolene 6:00(A) TURBO KICK Angela 6:45(M) CYCLE Katherine 7:00(A) BODY SCULPT Melissa</p>	<p>9</p> <p>5:40(M) CYCLE(60mn) Katherine 6:15(A) YOGAFLEX(30mn) Pandora 8:00(A) STEP 2/3 Lori 8:30(M) YOGA Becky 8:30(outside) INTERVAL Ann 9:00(A) BODY SCULPT Gretchen 9:30(M) CYCLE(50-60mn) Cynthia 9:45(A)ZUMBA Tennille 10:45(A)SILVER SNEAKERS II™ Cynthia</p> <p>5:00(M) YOUTH YOGA Becky 5:30(M) YOGA Becky</p>	<p>10</p> <p>6:55 RUN/BIKE/SWIM(90MN) * Meet at front for the run! Jolene 8:20(M) YOGA Katherine 8:30(A) ZUMBA Tennille 9:40(A) BODY POWER Leslie</p> <p>**Run/Bike/Swim Class starts before the YMCA opens. Meet for the run to return back for the cycle & swim.</p> <hr/> <p>11</p> <p>NO SUNDAY CLASSES</p>
<p>12 5:40 (M) CYCLE(60mn) Katherine 5:40 (A) ZUMBA Adrian 8:30(A) BODY SCULPT Ann 8:30(outside) INTERVAL Angela 9:25(A)AB BLAST(15mn) Ann 9:30(M) CYCLE (50mn) Katherine 9:40(A) ZUMBA Ann 10:35(M) YOGA Pandora 10:45(A) S SNEAKERS I™ Katherine 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 Tennille</p>	<p>13</p> <p>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™ Cynthia</p> <p>5:45(A)INTERVAL (EXP) Melanie 6:00 (M) YOGA Pandora 6:15(A) STEP (EXP) Melanie 6:45(A) BODY SCULPT(45mn)Gretchen 7:05(M) PILATES Melissa</p>	<p>14</p> <p>5:40(M) CORE CYCLE Lori 5:40 (A) YOGA Pandora 8:30(M) PILATES 1 Kristi 8:30(A) ZUMBA Cynthia 9:30(M) BODY SCULPT Cynthia 9:30(A) TURBO KICK Angela 10:35 (M) YOGA Katherine 10:30(A) ZUMBA Melanie 11:35(A)SSneakers YogaStretch™ KJ 6:00(A) ZUMBA Ann 6:00(M) CYCLE(50-60mn) Jolene 7:05(M) AB BLAST (15mn) Jolene 7:00(A) YOGA Crystal</p>	<p>15</p> <p>5:35 RUN/BIKE/SWIM(90mn) Jolene 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</p> <p>5:50(M)PILATES 1 Jolene 6:00(A) TURBO KICK Angela 6:45(M) CYCLE Nina 7:00(A) BODY SCULPT Melissa</p>	<p>16</p> <p>5:40(M) CYCLE(60mn) Kristi 6:15(A) YOGAFLEX(30mn) Pandora 8:00(A) STEP 2/3 Lori 8:30(M) YOGA Becky 8:30(outside) INTERVAL Ann 9:00(A) BODY SCULPT Katherine 9:30(M) CYCLE(50-60mn) Cynthia 9:45(A)ZUMBA Ann 10:45(A)SILVER SNEAKERS II™ Cynthia</p> <p>5:00(M) YOUTH YOGA Becky 5:30(M) YOGA Becky</p>	<p>17</p> <p>6:55 RUN/BIKE/SWIM(90MN) *Meet at the front for the run! TBA 8:20(M) YOGA Pandora 8:30(A) ZUMBA Ann 9:40(A) BODY POWER Leslie</p> <hr/> <p>18</p> <p>NO SUNDAY CLASSES</p>
<p>19 5:40 (M) CYCLE(60mn) Jolene 5:40 (A) ZUMBA Adrian 8:30(A) BODY SCULPT Ann 8:30(outside) INTERVAL Jeannie 9:25(A)AB BLAST(15mn) Katherine K 9:30(M) CYCLE (50mn) Ann 9:40(A) ZUMBA Katherine K 10:35(M) YOGA Pandora 10:45(A) SSNEAKERS I™ Katherine K 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</p>	<p>20</p> <p>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</p> <p>5:45(A)INTERVAL (EXP) Gretchen 6:00 (M) YOGA Becky 6:15(A) STEP (EXP) Gretchen 6:45(A) BODY SCULPT(45mn) Jeannie 7:05 (M) PILATES Melissa</p>	<p>21</p> <p>5:40(M) CORE CYCLE Lori 5:40 (A) YOGA Pandora 8:30(M) PILATES 1 Becky 8:30(A) ZUMBA Cynthia 9:30(M) BODY SCULPT Cynthia 9:30(A) TURBO KICK Christin 10:35 (M) YOGA Ann 10:30(A) ZUMBA Melanie 11:35(A)SSneakers YogaStretch™ KJ 6:00(A) ZUMBA Melanie 6:00(M) CYCLE(50-60mn) Jeannie 7:05(M) AB BLAST (15mn) Jeannie 7:00(A) YOGA Crystal</p>	<p>22</p> <p>5:35 RUN/BIKE/SWIM(90MN) Jolene 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™ Cynthia</p> <p>5:50(M)PILATES 1 Jolene 6:00(A) KICK CLASS Jeannie 6:45(M) CYCLE Nina 7:00(A) BODY SCULPT Melissa</p>	<p>23</p> <p>5:40(M) CYCLE(60mn) Katherine 6:15(A) YOGAFLEX(30mn) Pandora 8:00(A) STEP 2/3 Lori 8:30(M) YOGA Becky 8:30(outside) INTERVAL Ann 9:00(A) BODY SCULPT Jeannie 9:30(M) CYCLE(50-60mn) Cynthia 9:45(A)ZUMBA Katherine K 10:45(A)SILVER SNEAKERS II™ Katherine K</p> <p>5:00(M) YOUTH YOGA Pandora 5:30(M) YOGA Pandora</p>	<p>24</p> <p>6:55 RUN/BIKE/SWIM(90MN) *Meet at the front for the run! Jolene 8:20(M) YOGA Ann 8:30(A) ZUMBA Melanie 9:40(A) BODY POWER Leslie</p> <hr/> <p>25</p> <p>NO SUNDAY CLASSES</p>
<p>26 5:40 (M) CYCLE(60mn) Jolene 5:40 (A) ZUMBA Adrian 8:30(A) BODY SCULPT Ann 8:30(outside) INTERVAL Jeannie 9:25(A)AB BLAST(15mn) Tennille 9:30(M) CYCLE (50mn) Ann 9:40(A) ZUMBA Tennille 10:35(M) YOGA Pandora 10:45(A) SSNEAKERS I™ Cynthia 11:35(A)SSneakers Yoga Stretch™LD 5:45(A) STEP 2/3 Lori 6:00(M) CYCLE Jeannie 6:30(A)BODY SCULPT (EXP) Lori 7:00(A) ZUMBA Katherine K</p>	<p>27</p> <p>5:40(A) BODY SCULPT Sandy 8:15(M) CYCLE (50-60mn) Katherine 8:30(A) CARDIO PUMP Ann 9:30(M) PILATES Ann 9:35(A) BODY POWER Katherine 10:45(A) S SNEAKERS II™ Katherine</p> <p>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</p>	<p>28 5:40(M) CORE CYCLE Lori 5:40 (A) YOGA Pandora 8:30(M) PILATES 1 Ann 8:30(A) ZUMBA Cynthia 9:30(M) BODY SCULPT Cynthia 9:30(A) TURBO KICK Christin 10:35 (M) YOGA Katherine 10:30(A) ZUMBA Melanie 11:35(A)SSneakers YogaStretch™ KJ 6:00(A) ZUMBA Ann 6:00(M) CYCLE(50-60mn) Jolene 7:05(M) AB BLAST (15mn) Jolene 7:00(A) YOGA Crystal</p>	<p>29</p> <p>5:35 RUN/BIKE/SWIM(90MN) Jolene 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</p> <p>5:50(M)PILATES 1 Jolene 6:00(A) KICK CLASS Jeannie 6:45(M) CYCLE Nina 7:00(A) BODY SCULPT Melissa</p>	<p>30</p> <p>5:40(M) CYCLE(60mn) Katherine 6:15(A) YOGAFLEX(30mn) Pandora 8:00(A) STEP 2/3 Lori 8:30(M) YOGA Pandora 8:30(outside) INTERVAL Katherine 9:00(A) BODY SCULPT Jeannie 9:30(M) CYCLE(50-60mn) Cynthia 9:45(A)ZUMBA Melanie 10:45(A)SILVER SNEAKERS II™ Cynthia</p> <p>5:00(M) YOUTH YOGA Andrea 5:30(M) YOGA Andrea</p>	<p>31</p> <p>6:55 RUN/BIKE/SWIM(90MN) *Meet at the front for the run! Jolene 8:20(M) YOGA Andrea 8:30(A) ZUMBA Melanie 9:40(A) BODY POWER Leslie</p>