

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|---|--|---|--|--|
| 1 5:40 (M) CYCLE(60mn) 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 Jolene 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) 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 Melissa | 3 5:40(M) CORE CYCLE Lori 5:40 (A) YOGA Pandora 8:30(M) PILATES 1 Katherine 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 6:00(A) ZUMBA Ann 6:00(M) CYCLE(50-60mn) Jeannie 7:05(M) AB BLAST (15mn) Jeannie 7:00(A) YOGA Crystal | 4 5:40(A) BODY SCULPT Lori 8:15(M) CYCLE(50-60mn) Lori 8:30(A) BODY SCULPT Kristi 9:30(M) PILATES Kristi 9:35(A) STEP& SCULPT Becky 10:45(A) S SNEAKERS I™ Ann 4:45(A)FlipTastic (Ages 4-7)45 min. Katherine 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) Cynthia 9:45(A)ZUMBA Ann 10:45(A)SILVER SNEAKERS II™ Ann 5:00(M) YOUTH YOGA Becky 5:30(M) YOGA Becky | 6 8:20(M) YOGA Pandora 8:30(A) ZUMBA Ann 9:40(A) BODY POWER Leslie |
| 8 5:40 (M) CYCLE(60mn) 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 Jeannie 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™ Cynthia 4:45(A) Kid Fit (Ages 4-7) Angela 5:20(M)YouthCardioStrength(Ages8-12) 5:45(A)INTERVAL (EXP) Ann 6:00 (M) YOGA Pandora 6:15(A) STEP (EXP) Ann 6:45(A) BODY SCULPT (45mn) Jeannie 7:05(M) PILATES Melissa | 10 5:40(M) CORE CYCLE Jolene 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) YOGA Crystal | 11 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. Katherine 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 | 12 5:40(M) CYCLE(60mn) Kristi 6:15(A) YOGAFLEX(30mn) Crystal 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™ Cynthia 5:00(M) YOUTH YOGA Becky 5:30(M) YOGA Becky | 13 3 rd ANNUAL SPINATHON FOR OPEN DOORS 8:20(M) YOGA Becky 8:30(A) ZUMBA Melanie 9:40(A) BODY POWER Leslie *rooms may change due to spinathon |
| 15 5:40 (M) CYCLE(60mn) 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™ 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 | 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) 5:45(A)INTERVAL (EXP) Melanie 6:00 (M) YOGA Katherine 6:15(A) STEP (EXP) Melanie 6:45(A) BODY SCULPT (45mn) Jeannie 7:05(M) PILATES Melissa | 17 5:40(M) CORE CYCLE Kristi 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 6:00(A) ZUMBA Ann 6:00(M) CYCLE(50-60mn) Jeannie 7:05(M) AB BLAST (15mn) Jeannie 7:00(A) YOGA Crystal | 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 Cynthia 10:45(A) S SNEAKERS I™ Cynthia 4:45(A)FlipTastic (Ages 4-7)45 min. Katherine 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) Lori 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 | 20 8:20(M) YOGA Katherine 8:30(A) ZUMBA Adrian 9:40(A) BODY POWER Leslie |
| 22 5:40 (M) CYCLE(60mn) Jolene 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 INTERVAL-outside Jeannie 9:30(M) CYCLE (50mn) Katherine 9:40(A) ZUMBA Ann 10:35(M) YOGA Katherine 10:45(A) SSNEAKERS I™ Jan 11:35(A)SSneakersYogaStretch™LD 5:45(A) STEP 2/3 Lori 6:00(M) CYCLE Jeannie 6:30(A)BODY SCULPT (EXP) Lori 7:00(A) ZUMBA Melanie | 23 5:40(A) BODY SCULPT Sandy 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 4:45(A) Kid Fit (Ages 4-7) Angela 5:20(M)YouthCardioStrength(Ages8-12) 5:45(A)INTERVAL (EXP) Gretchen 6:00 (M) YOGA Becky 6:15(A) STEP (EXP) Gretchen 6:45(A) BODY SCULPT Jeannie 7:05 (M) PILATES Melissa | 24 5:40(M) CORE CYCLE Sandy 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™Ann 6:00(A) ZUMBA Katherine K 6:00(M) CYCLE(50-60mn) Jolene 7:05(M) AB BLAST (15mn) Jolene 7:00(A) YOGA Crystal | 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 Lori 10:45(A) S SNEAKERS I™ Katherine 4:45(A)FlipTastic (Ages 4-7)45 min. Katherine Shawna & Christina 5:50(M)PILATES 1 Jolene 6:00(A) TURBO KICK Angela 6:45(M) CYCLE Katherine 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 Ann 9:40(A) BODY POWER Leslie |
| 29 5:40 (M) CYCLE(60mn) Sandy 5:40(A) ZUMBA Adrian 8:30(A) BODY SCULPT Angela 8:30 (M) BALLET FIT Whitney 9:25(A)AB BLAST(15mn) Melanie 9:00 INTERVAL**outside! Jeannie 9:30(M) CYCLE (50mn) Sandy 9:40(A) ZUMBA Melanie 10:35(M) YOGA Pandora 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 | 30 5:40(A) BODY SCULPT Kristi 8:15(M) CYCLE (50-60mn) Kristi 8:30(A) CARDIO PUMP Lori 9:30(M) PILATES Kristi 9:35(A) BODY POWER Fran 10:45(A) S SNEAKERS II™ Fran 4:45(A) Kid Fit (Ages 4-7) Angela 5:20(M)YouthCardioStrength(Ages8-12) 5:45(A)INTERVAL (EXP) Jolene 6:00 (M) YOGA Becky 6:15(A) STEP (EXP) Jolene 6:45(A) BODY SCULPT (45mn) Angela 7:05(M) PILATES Jolene | 31 5:40(M) CORE CYCLE Lori 5:40 (A) YOGA Pandora 8:30(M) PILATES 1 Becky 8:30(A) ZUMBA Cynthia 9:15(outside) Y Walk to Run Whitney 9:30(M) BODY SCULPT Cynthia 9:30(A) TURBO KICK Angela 10:35 (M) YOGA Pandora 10:30(A) ZUMBA Melanie 11:35(A)SSneakersYogaStretch™LD 6:00(A) ZUMBA Melanie 6:00(M) CYCLE(50-60mn) Jeannie 7:05(M) AB BLAST (15mn) Jeannie 7:00(A) YOGA Crystal | * * Note Change on Wednesdays – 7:00pm is now <u>YOGA</u> | | |
| | | | | <h1>MARCH 2010 GROUP EXERCISE SCHEDULE</h1> <p>Golden Strip Branch – Lori Dredge – Wellns Coordinator For Questions please email – ldredge@ymcagreenville.org</p> | |
| | | | | | 7 NO SUNDAY CLASSES |
| | | | | | 14 NO SUNDAY CLASSES |
| | | | | | 21 NO SUNDAY CLASSES |
| | | | | | 28 NO SUNDAY CLASSES |