



# GHS FAMILY YMCA

## FEBRUARY 2019 Group Exercise (AM & Weekend Schedule)

### MONDAY

Start	End	Class	Location	Instructor / Notes
5:15am	6:15am	Cycle – all levels	Room 4	Cat : 11, 25- Brooke
5:15am	6:15am	Body Combat ®	Room 1	Katie
5:15am	6:00am	Kettlebell	Room 3	Doug
8:30am	9:30am	Yoga Flow	Room 5	Abby D : 11-Sue
8:30am	9:30am	Body Combat®	GYM	Jessica : 18- Angela
8:30am	9:30am	Group Rx Rip®	Room 1	Angela : 18, 25- Katie
8:30am	9:30am	Core Fusion	Room 3	Katie : 18- Wanda : 25- Mara
9:00am	10:30am	Cycle- (advanced-90 min)	Room 4	Colleen
9:30am	10:30am	Interval	GYM	Katie
9:35am	10:35am	TRX Strength	Room 5	Angela : 25- Jessica
9:35am	9:55am	Abs/Core (20min)	Room 3	Jessica : 18, 25- Wanda
9:35am	10:35am	Zumba®	Room 1	Regan : 11- Tamara
10:00am	11:00am	Active Adult	Room 3	JM&WL : 18,25- WL&CS
10:45am	11:45am	Yoga Flex & Flow	Room 5	Ann
10:45am	11:30am	SilverSneakers Classic®	Room 1	Cynthia
11:10am	11:40am	Kettlebell Express	Room 3	Wanda
11:35am	12:20pm	SilverSneakers Yoga®	Room 1	Cynthia
11:45pm	12:45pm	Cardio Dance Blast	Room 3	Kerry
1:00pm	2:15pm	PWR! & Pedaling for Parkinsons	Room 4	Cynthia *Medical clearance required to attend.

### TUESDAY

Start	End	Class	Location	Instructor / Notes
5:15am	6:15am	TRX Bootcamp	Room 5	Colleen
5:15am	6:15am	Interval	GYM	Katie
5:15am	6:15am	Group Rx Rip®	Room 1	Leslie
5:30am	6:30am	Zumba	Room 3	Karen
8:30am	9:30am	Group Strength	Room 1	Mara
8:30am	9:30am	Cycle – All levels	Room 4	Colleen
8:30am	9:15am	Kettlebell	Room 3	Cynthia
8:30am	9:30am	Power Yoga	Room 5	Sue
8:45am	9:45am	Body Attack®	Gym	Nicole
8:45am	9:45am	AQUA Boot Camp	GHS Pool	Angela : 26- Wanda
9:15am	10:00am	Kettle Bell	Room 3	Cynthia
9:35am	10:35am	Ballet Functional Core	Room 1	Colleen
9:35am	10:35am	Pilates	Room 5	Sue
10:05am	11:05am	Zumba Gold®	Room 3	Cynthia W
10:45am	11:45am	SilverSneakers Circuit®	Room 1	Wanda
10:45am	11:45am	Yoga: Flex & FLOW	Room 5	Ginny
11:35am	12:35pm	Cardio Dance Blast	Room 1	Cynthia W

### WEDNESDAY

Start	End	Class	Location	Instructor / Notes
5:15am	6:10am	Cycle – all levels	Room 4	Katie
5:15am	6:15am	Body Combat ®	Room 1	Colleen
5:30am	6:30am	Yoga Flow	Room 5	Pandora
6:15am	6:30am	Ab/Core 15min.	Room 1	Colleen
8:05am	9:00am	TRX Strength	Room 5	Wanda
8:30am	9:30am	Cardio Dance Blast	Room 1	Kerry
8:30am	9:30am	Interval	GYM	Angela : 27- Katie
8:30am	9:15am	Step-Basic	Room 3	Cynthia
9:05am	10:05am	Core Fusion Strength	Room 5	Mara
9:15am	10:15am	Cycle	Room 4	Wanda
9:15am	10:00am	Group Strength	Room 3	Cynthia
9:35am	10:35am	Body Combat®	Room 1	Katie
10:10am	11:10am	Recovery Yoga	Room 5	Ann
10:00am	11:00am	Active Adults	Gym	CS&AC : 27- CS&Lori
10:15am	11:00am	Guts and Glutes (45min)	Room 3	Mara
10:40am	11:40am	Zumba®	Room 1	Annie
11:10am	12:05pm	Yoga Flex & Flow-Senior	Room 5	Ann

**\*MORE WEDNESDAY classes on back I**

11:45am	12:30pm	SS Yoga	Room 1	Cynthia
1:00pm	2:15pm	PWR! & Pedaling for Parkinsons	Room 2	Lori **Medical clearance required to attend

### THURSDAY

Start	End	Class	Location	Instructor / Notes
5:15am	6:15am	TRX Strength	Room 5	Colleen
5:15am	6:15am	Interval	GYM	Angel
5:15am	6:15am	Body Attack®	Room 1	Doug
7:30am	8 :30am	Body Attack®	Room 1	Colleen
8:30am	9:30am	Cycle	Room 4	Colleen
8:30am	9:00am	Interval (30 mn express)	Gym	Wanda
8:30am	9:30am	Yoga Flow	Room 5	Sue : 14- Becky
8:30am	9:00am	Body Combat® (30mn express)	Room 1	Jessica : 14- Angela
8:45am	9:45am	Zumba ®	Room 3	Cynthia
9 :00am	9:30am	Guts & Glutes (exp-30mn)	Room 1	Jessica : 14- Angela
9 :00am	10:00am	Body Attack	Gym	Nicole
9:35am	10:35am	Group Rx Rip®	Room 1	Jessica : 14- Angela
9:35am	10:35am	Power Pilates	Room 5	Kris
9:45am	10:40am	Zumba Gold ®	Room 3	Cynthia W : 21- Cynthia S
10:45am	11:30am	SilverSneakers Circuit®	Room 1	Martha
10:45am	11:45am	Yoga Flex & Flow	Room 5	Ginny : 7- Kris
11:35am	12:20pm	SilverSneakers Yoga®	Room 1	Martha
11:00am	12:00pm	Cardio Dance Blast	Room 3	Regan : 7- Cynthia W
1:00pm	1:45pm	PWR! Moves	Room 1	Team *Medical Clearance required to attend.

### FRIDAY

Start	End	Class	Location	Instructor / Notes
5:15am	6:15am	Cycle – all levels	Room 4	Cat
5:15am	6:15am	Group Rx Rip®	Room 1	Doug
5:30am	6:30am	Yoga Flex & Flow	Room 5	Kris
8:05am	9:00am	Step-Advanced	Room 3	Lori
8:30am	9:30am	Body Combat	Gym	Angela : 1- AC&JM
8:30am	9:30am	Group RX Rip®	Room 1	Katie
8:35am	9:35am	Yin Yoga	Room 5	Becky
8:30am	9:30am	Cycle – all levels	Room 4	Wanda : 15- Abby
9:00am	10:00am	AQUA Boot Camp	GHS Pool	Nicole
9:00am	9:45am	Kettlebell	Room 3	Cynthia
9:30am	10:30am	HIIT Interval- 45mn	Room 1	Wanda : 1- Angel : 15- Abby P
9:45am	10:45am	TRX Strength	Room 5	Katie
9:50am	10:35am	Pilates- 45mn	Room 3	Angela
10:00am	11:00am	Active Adults	Gym	CS&AS
10:30am	11:30am	Zumba ®	Room 1	Tennille : 1- Michele : 15- Tamara
11:10am	12:05pm	Yoga Flex & Flow-Senior	Room 5	Ann
11:30am	12:20pm	SilverSneakers Classic®	Room 1	Cynthia S

### SATURDAY

Start	End	Class	Location	Instructor / Notes
8:05am	9:05am	Cycle – all levels	Room 4	2- Wanda : 9- Tracy : 16- Abby : 23- Nina
8:05am	9:05am	Body Attack®	GYM	Cat
8:05am	9:05am	Yoga Power	Room 5	Kris : 23- Sue
9:10am	10:10am	Group Rx Rip®	Room 1	Cat
9:10am	10:10am	Zumba ®	Gym	2- Regan : 9- Karen : 16- Michele : 23- Cynthia W
9:10am	10:10am	Pilates / Ballet Funtional Core	Room 5	Wanda : Kris : Abby : Sue
9:10am	10:10am	H2O Boot Camp	Pool	Angela : 9, 23- Jessica
9:15am	10:15am	Cycle	Room 4	Katie : 9- Tracy : 23- Nina
10:15am	11:15am	TRX Strength	Room 5	Angela : 9, 23- Jessica
10:15	11:00am	HIIT (45mn)	Gym	Katie : 9, 23- Cat
10:20am	11:20am	Group Rx Rip®	Room 1	Leslie
11:30am	12:30pm	Cardio Dance Blast	Room 1	Annie : 2- Tamara : 9- Kerry

### SUNDAY

Start	End	Class	Location	Instructor / Notes
1:15pm	2:30pm	Yoga Flow(75mn)	Room 5	Becky : 17- Sue : 24- Abby
1:45pm	2:45pm	Ballet Func. Core	Room 3	Christine : 2, 17- Abby P
1:45pm	2:45pm	Cardio Dance Blast	Room 1	Vanessa : 17- Regan
2:45pm	3:30pm	HIIT Interval	Room 3	Angel
2:45pm	3:45pm	Body Combat	Room 1	Nicole : 3- NJ&DL