



GHS FAMILY YMCA

FEBRUARY 2019 Group Exercise (PM & Weekend Schedule)

MONDAY

Start	End	Class	Location	Instructor / Notes
1:00pm	2 :15pm	PWR! & Pedaling for Parkinsons	Room 4	Cynthia *Medical clearance required to attend.
4:30pm	5:30pm	Interval	GYM	Wanda
4:30pm	5:30pm	Yoga Flow	Room 5	Kris
5:40pm	6:10pm	Guts&Glutes(30mn)	Room 3	Wanda
5:45pm	6:45pm	Group Rx Rip@	Room 1	Mara
5:40pm	6:15pm	Youth Run Club-BASIC(age8-13)	Gym	Raushanah
6:15pm	7:00pm	Youth Run Club-ADVANCED	Gym	Raushanah
5:45pm	6:45pm	Cycle - Inter/Adv	Room 4	Tracy
5:55pm	6 :30pm	Body Attack@(30mn)	GYM	Doug : 25- Nicole
6 :00pm	7 :00pm	Yoga Flow	Room 5	Sue
6:15pm	7:00pm	Kettlebell	Room 3	Wanda
6:30pm	7:00pm	Body Combat@ (30mn)	GYM	Doug : 25- Nicole
7:00pm	7 :45pm	HIIT Interval	Room 1	Angel
7:05pm	8 :05pm	TRX Strength	Room 5	Tracy
7:05pm	8:05pm	Zumba@	Gym	Christine & Cynthia W : CG&Karen

TUESDAY

Start	End	Class	Location	Instructor / Notes
4:10pm	5:10pm	Group Strength	Room 1	Cynthia
4:30pm	5:30pm	TRX-Strength	Room 5	Jennifer : 12- Wanda
5 :00pm	5 :45pm	Fit Kids (4-7)	Gym	RJ&NJ
5:45pm	6 :30pm	Youth Cardio Strength (8-12)	Gym	RJ&NJ
5:15pm	6:15pm	Zumba Toning@	Room 1	Martha : 5, 12-KS&MH
5:40pm	6:25pm	Kettlebell	Room 3	Jennifer : 12- Wanda
6:00pm	7 :00pm	Cycle-All Levels	Room 4	Tracy
6:00pm	7:00pm	Yoga Flow	Room 5	Becky: 5, 19- Sue
6:15pm	7:15pm	Group Strength	Room 1	Nina
6:30pm	7:30pm	Body Combat@	Gym	Doug : 19- Jessica
6:30pm	7:30pm	Ballet Functional Core	Room 3	CG&MH : 26- Martha
6:30pm	7:30pm	Aqua Bootcamp	GHS Pool	Nicole
7:20pm	8:20pm	Cardio Dance Blast	Room 1	Vanessa
7 :30pm	8 :00pm	Pilates (30 mn express)	Room 3	Nina

WEDNESDAY

Start	End	Class	Location	Instructor / Notes
1:00pm	2 :15pm	PWR! & Pedaling for Parkinsons	Room 4	Lori *Medical clearance required to attend.
4:30pm	5 :30pm	Yoga Flow	Room 5	Kris
4 :45pm	5 :45pm	Cycle	Room 4	Katie
4 :30pm	5 :10pm	Zumba Kids@ (ages 4-7)	Room 1	MH&RB : 20, 27- MH&Libby
5 :15pm	6 :00pm	Zumba Kids @ (ages 8-12)	Room 1	MH&RB : 20, 27- MH&Libby
5 :30pm	6 :15pm	Body Attack@ (45mn)	Gym	Nicole
5 :55pm	6 :55pm	Ballet Functional Core	Room 5	Christine
6:00pm	7:00pm	Cycle - Inter/Adv	Room 4	Katherine
6:05pm	7:05pm	Zumba@ & Cardio Dance Blast	Room 1	RB&MH : 20, 27- Martha
6 :15pm	7 :00pm	Kettlebell	Room 3	Doug : 20- Cynthia W
7:05pm	8:05pm	Group Strength	Room 3	Leslie
7:05pm	8:05pm	Yoga Flex & Flow	Room 5	Abby D
7:05pm	7:50pm	HIIT Interval	Room 1	Nicole

THURSDAY

Start	End	Class	Location	Instructor / Notes
1:00pm	1:45pm	PWR ! Moves	Room 1	TEAM **Medical release required to attend!
4:20pm	5:20pm	Group Rx Rip®	Room 1	Katie
5 :00pm	5:45pm	Fit Kids(4-7)	Gym	RJ &NJ
5 :45pm	6 :30pm	Youth Cardio Strength(8-12)	Gym	RJ&NJ
4:30pm	5:30pm	TRX Boot Camp	Room 5	Wanda : 14-Katie
5:25pm	6:25pm	Body Combat®	Room 1	Mara
5:45pm	6:45pm	Yin Yoga	Room 5	Becky : 7, 21- Sue
6:00pm	7:00pm	Cycle – All Levels	Room 2	Nina
6:00pm	6:45pm	Kettlebell	Room 3	Wanda : 14- Angela
6:30pm	7:30pm	Aqua Boot Camp	GHS Pool	Jessica : 14- Nicole
6:30pm	7:30pm	Group Rx Rip®	Room 1	Angela : 14, 28- Mara
7:30pm	8:25pm	Cardio Dance Blast	Room 1	Regan
7:05pm	8:05pm	TRX Strength	Room 5	Vanessa : 14- NO CLASS

FRIDAY

Start	End	Class	Location	Instructor / Notes
5:00pm	5:30pm	Youth Yoga	Room 5	Becky
5:00pm	6:00pm	Interval	Room 1	Nicole *Class will use indoor track
5:30pm	6:30pm	Yoga-Restorative	Room 5	Becky
6:05pm	7:05pm	Zumba®	Room 1	Karen : 8- Michele : 22- **MASHUP 6:30-8 :00PM

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	2- Wanda : 9- Kris : 16- Abby : 23- 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

FRIDAY – 2/22 – OLD SCHOOL MASHUP FUNDRAISER for Scholarship Campaign - \$10 – 6:30-8pm