




North Area Family YMCA Group Exercise Schedule

July 5 – September 5

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 9:30am
6:00 am		Y Body Cuts Kelle		Y Body Cuts Mickey			7/11 Body Cuts Errin
7:00 am							7/18 Emily Zumba
7:30 am	Morning Walk Linda GYM		Morning Walk Linda GYM		Morning Walk Linda GYM		7/25 Drums Alive Sandy
8:00 am		Tai Chi Ralph		★ Zumba Gold Mary 8:15-9:15am			8/1 Yoga Sandy
8:30 am	AOA Cardio & Sculpt Joan		AOA Flex & Balance Dixie		AOA Strength Dixie	Y Body Cuts Patty Hendry	8/08 Step & Sculpt Patty
9:00 am							8/15 Heidi ★ Zumba™
9:15 am	Awesome Abs Joan	Awesome Abs Lori Healthy Back Rosie- MP	Awesome Abs Maggie	Awesome Abs Sue	Awesome Abs Sue		8/22 TBA
9:30 am	Y-Box Maggie/Lisa *Gloves Encouraged	Cuts & Sculpt Lori	Y Box Maggie/Lisa *Gloves Encouraged	Cuts & Sculpt Sue M.	Step Interval Lori	Cardio Box Lisa/Annie 7/10, 7/24, 8/7, 8/21, 9/4 ★ Zumba Varies 7/17, 7/31, 8/14, 8/28	8/29 Drums Alive Sandy/Michelle
10:30am	Zumba ★ Mary	Yoga Dixie	Pilates Nadirah 10:30-11:30	Silver Sneakers® Dixie	Yoga Joan	Yoga Various	9/5 Pilates Mat work Errin
11:00/11:30 12:45	Zumba Gold Gina 12:45 ★	11:45 Silver Stretch ® Dixie		Tai Chi 11am-12 MP Room Healthy Back 11:30am			
4:30/5:00 pm	Cuts & Sculpt Laura D. 4:30-5:30 4:30-5:30	Core Conditioning Sue 5:00-5:30pm 5:00-5:30pm	Cuts & Sculpt Julie 4:30—5:30	Core Conditioning Sue-5:00-5:30pm Outdoor Bootcamp 5:30-6:30 *Weather Permitting	<p><i>Triathletes & Runners Looking to Increase Flexibility Try Yoga for Athletes Thursdays 5:30pm!</i></p> <p>Drums Alive is Here!</p>  <p>Zumba is a <u>MEMBER ONLY</u> class. No Guests or Punch Cards.</p>		
5:30 pm	Y-Box/Bootcamp Katie/Annie	Pilates Nadirah	Drums Alive Michelle	Yoga For Athletes Joan/Bridget			
6:30 pm	Zumba ★ Robin	Cardio Kickboxing (Gloves optional) Katie/Annie	Functional Cuts Sandy Prenatal Yoga/ Strength Kelly- MP Room	Zumba ★ Jen/Kayla			
7:30 pm	Fitness Yoga/Pilates Bridget/Sandy	Fitness Yoga Sandy	Yoga Stretch Sandy	Fitness Yoga Denise			
8:30 pm	Zumba ★ Jen 8:30-9:30pm	Zumba ★ Judy 8:30-9:30pm	Zumba ★ Robin/Jen 8:30-9:30pm	★ Zumba™ Ben T. 8:30-9:30pm			