



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# A.M. GROUP EXERCISE SCHEDULE

**AUBURN VALLEY YMCA – Effective January 2, 2012—April 1, 2012**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 Group Cycling (Bruce) CS	6:00-6:30 Body Shop (Stephanie) MPR	6:00-7:30 Group Cycling (Stephanie) CS	6:00-7:00 Yoga (Stephanie) RR	5:30-6:30 Group Cycling (Bruce) CS	
6:30-7:30 Open Cycle CS	6:30-7:00 Core Strength/stretch (Stephanie) MPR			6:30-7:30 Open Cycle CS	
6:30-8:00 Cardiac Wellness (Nancy Handeland RN & Cheri Loden) FC/MPR		6:30-8:00 Cardiac Wellness (Nancy Handeland RN & Cheri Loden) FC/MPR	6:30-8:00 Cardiac Wellness (Nancy Handeland RN & Cheri Loden) FC/MPR	8:15—9:15 Beginning/low impact cardio/strength (Margie) MPR	8:30-9:30 Sports Conditioning (Mark) Gym / Outside
9:00-10:00 Yoga (Mindy) RR	9:00-10:15 Yoga (Mary) RR	9:00-10:00 Pilates (Cheri) RR	9:00-10:15 Yoga (Mary) RR	9:00-10:00 Yoga (Mindy) RR	9:00-10:15 Yoga (Alisa) RR
9:30-10:30 Cardio Strength (Angelique) MPR	9:30-10:45 Interval Training (Teri) MPR	9:30-10:30 Sports Conditioning (Mark) Gym	<b>9:30-10:30 STEP (Kerry) MPR</b>	9:30-10:30 Cardio Strength (Teri) MPR	9:00-10:30 Cardio / Strength & Core (Rotating) MPR
10:30-11 Core Strength (Angelique) MPR	9:30-10:30 Group Cycling (Allison) CS	9:30-10:30 Zumba (Jenni) MPR	9:30-10:30 Group Cycling (Val) CS	9:15-10:00 Senior/Beginning Cycle (Janet) CS	9:30-10:30 Group Cycle (Rotating) CS
10:15-11:00 Pre-Ballet Ages 3-4 (Alyscia) RR \$	10:30-11:30 Tai Chi (CeCe) RR		10:30-11:30 Tai Chi (CeCe) RR	10:30-11:30 SilverSneakers® Yoga Stretch (Margie) RR	10:30-11:15 Pre-Ballet Ages 3-4 (Alyscia) RR \$
11:15—11:45 Creative Movement (Alyscia) RR		11:15—11:45 Creative Move- ment (Jenni) RR	<b>10:30-11:00 Core Strength/stretch (Kerry) MPR</b>	10:30-11:00 Core Strength (Teri) MPR	10:30-11:30 Zumba w/ Toning (Sidney & Traci)MPR
11:00-12:00 Body Shop & Core (Allison) MPR	11:00-12:00 SilverSneakers® Cardio Circuit (Margie / Elyn) MPR	11:00-12:00 Body Shop & Core (Allison) MPR	11:00-12:00 SilverSneakers® Cardio Circuit (Anita) MPR	11:00-12:00 Zumba (YMCA Wellness In- structor) MPR	11:15-12:00 Ballet Ages 5-8 (Alyscia) RR \$
12:00-1:00 SilverSneakers® Muscular Strength & ROM MPR	12:00-1:00 SilverSneakers® Muscular Strength & ROM (Margie/ Elyn) MPR	12:00-1:00 Zumba Gold (Manon) MPR	12:00-1:00 SilverSneakers® Muscular Strength & ROM (Anita) MPR	12:00-1:00 Body Shop & Core (Allison) MPR	



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# P.M. GROUP EXERCISE SCHEDULE

**AUBURN VALLEY YMCA – Effective January 2, 2012—April 1, 2012**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00-2:00 Adaptive Yoga (Stephanie) RR	3:00-3:45 Pre-Ballet (Alyscia) MPR \$	1:00-2:00 SilverSneakers® Yoga Stretch (Cheri) RR			12:00-2:00 Karate Training Participant Led MPR \$	
4:00-5:00 Body Shop (Cheri) MPR	3:00-4:15 Therapeutic Yoga (Suzan) RR \$	4:00-5:00 Zumba (Carrie P) MPR	4:30-5:15 Beginning Hip Hop (Jacque) RR \$			2:00-3:00 Zumba & Zumba Tone (Rebeca/ Jawanda) MPR
4:00-5:00 Yoga (Suzan) RR	4:30-5:30 Body Shop (Joy) MPR	4:15-5:15 Yoga (Suzan) RR	4:30-5:30 Zumba Gold (Sidney) MPR	4:15-5:15 Yoga (Suzan) RR		
5:00-6:00 Zumba (Carrie P/Sidney) MPR		5:00-6:00 Cardio Strength (Joy) MPR	5:30-6:15 Family Circuit Ages 8 + (Kerry) THR	4:30-5:30 Family Zumba (Jenni) MPR		
5:15-6:15 Beginning Yoga (Jenny/Mary) RR	5:30-6:30 Pilates (Suzan) RR		5:30-6:30 Pilates (Allison) RR			
6:00- 7:00 Circuit Training (Jenni) THR	5:30-6:30 Karate II (Greg) MPR \$	5:30-6:30 Beginning Yoga (Janet) RR	5:30-6:30 Karate II (Greg) MPR \$			
6:00-7:00 Cardio Strength (Kerry) MPR	6:00-6:45 Group Cycling (Tim) CS	6:00- 7:00 Circuit Training (Kerry) THR	6:00-6:45 Group Cycling (Terry) CS	6:00-7:00 Sports Conditioning (Amy/Diane) Gym		
6:30-7:00 Family Yoga (Janet) RR	6:30-7:30 Karate I (RJ) RR \$	6:00- 7:00 Turbo KICK® (Alissa) MPR	6:30-7:30 Karate I (RJ) RR \$			<b>MPR= Multipurpose Room</b> <b>RR= Reflection Room</b> <b>THR= Total Health Room</b> <b>CS=Cycling Studio</b> <b>FC=Fitness Center</b> <b>\$=Additional fee required</b>
7:15-8:15 Yoga (Janet) RR	6:30-7:30 Karate III (Greg) MPR \$	6:45-8:00 Intermediate Yoga Workshop (Suzan) RR \$	6:30-7:30 Karate III (Greg) MPR \$			
7:15-8:15 Zumba (Rebeca/ Vicky)	6:45-8:00 Open Cycle CS	7:15-8:15 Zumba (Rebeca/ Cristina) MPR		7:15-8:15 Zumba (Vicky/ Chrissy) MPR	<b>*Although it is always our intention to follow the scheduled format, classes may change without notice when necessary.</b>	