



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Programs Guide: April –June 2012

MEREDITH MATHEWS EAST MADISON YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15–7:00a Group Cycling	6:00–7:00a Yoga Flow (GXB)	6:15–7:00a Group Cycling	6:00–7:00a Yoga Flow (GXB)	6:15–7:00a Group Cycling	9:15–10:00a Group Cycling	10:15–11:15a Mat Pilates 101
7:45–8:30a SilverSneakers® Cardio Circuit	6:15–7:00a Total Body Conditioning	7:45–8:30a SilverSneakers® Cardio Circuit	6:15–7:00a Total Body Conditioning	8:15–9:15a Stability Ball 101	9:00–10:00a Step Level III	10:15–11:15a Zumba (GYM)
8:40–9:20a AOA Stretching	7:15–8:00a Group Cycling	8:40–9:20a AOA Stretching	7:15–8:00 am Group Cycling	9:30–10:30a Yoga Form & Technique	10:15–11:00a Total Strength	11:30a–12:30p Yoga Flow
9:30–10:45a Yoga, Meditation, & Chanting	8:15–9:15a Ab Lab 101	9:30–10:45a Yoga Flow	7:30–8:30a Gentle Yoga I	9:30–10:15a Group Cycling	10:05–11:05a Total Body Conditioning III (GYM)	
9:30–10:15a Group Cycling	9:30–10:15a SilverSneakers® Muscle Strength	9:30–10:15a Group Cycling	8:40–9:20a AOA Stretching	11:00–11:45a Total Strength	11:15–12:30 Power Vinyasa Yoga	
11:00–11:45a Total Strength	9:30–10:30a Yoga Form & Technique (GXB)	11:00–11:45a Cardio & Strength	9:30–10:15a SilverSneakers® Muscle Strength	Tai Chi Workshop *sign up only		
4:15–5:00p Cardio Kickbox- ing	11:00–12:00p Zumba	12–12:30p Stretching	9:30–10:30a Yogalates (GXB)	1:00–3:00 Reserved- Valley School		
5:15–6:00p Cardio &Strength	4:15–5:00p Abs-o-glutely	4:00–5:00p Zumba	11:00–12:00p Zumba	7:30–8:30p Zumba		
6:15–7:15p Step Challenge III	5:10–6:10p Beginning Yoga	5:15–6:00p Total Strength	4:15–5:00p Abs-o-glutely			
6:30–7:15p Group Cycling	6:30–7:15p Total Strength	6:15–7:15p Hi/Lo	5:15–6:00p Cardio Kickbox-			
7:30–8:30p Power Yoga	6:15–7:15p NIA Dance	6:30–7:15p Group Cycling	6:15–7:00p Total Strength			
7:30–8p Core (GXB)	7:30–8:30p Mat Pilates	7:30–8:30p Yoga Flow	7:15–8:15p Mat Pilates			
	7:30–8:30p Zumba					