

Jamerson Family YMCA
GROUP FITNESS SCHEDULE
March 2010

Class Time	◀Monday 03.08▶		◀Tuesday 03.09▶		◀Wednesday 03.10▶		◀Thursday 03.11▶		◀Friday 03.12▶		◀Saturday 03.13▶		◀Sunday 03.14▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am		6:00 – 6:45 *Cycle TRACEY	5:45 – 6:45 Simply Ballistic DONA E.			*Cycle JOEL	5:45 – 6:45 Iron Grip DIANNE		T.G.I.F. DONA E.					
8:00am – 9:00am				8:00 – 9:15 AM Yoga WILEY		Gentle Fire Yoga CATHY		8:00 – 9:15 AM Yoga WILEY			8:00 – 9:00 Stott Pilates TERESA	8:30 – 9:45 Power Yoga LEESA		
8:30am – 9:30am	Cardio Box COREY	9:00 – 9:30 AB-solutely Core PAULA	Muscle ERICA		9:00 – 9:30 AB-solutely Core MARY LYNN		Muscle MARY LYNN		Cross Training JULIA	9:00 – 9:30 AB-solutely Core JILL	9:00 – 10:00 Step VICKY	9:00 – 10:15 *Cycle KELLY		
9:30am – 10:30am	Cross Training ANGIE	*Cycle PAULA	Iron Grip Muscle MARIA	Flexible Strength SHERRI ANN	Multi Step MARY LYNN	*Cycle DONNA D.	Flexible Strength MARY LYNN	9:45 – 10:30 Postnatal JULIA	Iron Grip Cardio JILL	*Cycle TAMI	10:00 – 11:00 Flexible Strength DENISE		2:00 – 3:00 ZUMBA MICHELLE	
10:30am – 11:30am	Cross Training Lite ANGIE	10:00 – 10:30 ZUMBA EXPRESS LEEANNE	10:45 – 11:45 Gentle Yoga LEESA	10:45 – 11:30 ●Balance In Motion ANGIE	ZUMBA LEEANNE	20-20-20 Lite ART B.	10:45 -11:45 Active Plus Muscle MARY	10:45 – 11:30 ●Balance In Motion ANGIE	Cross Training Lite MABLE	10:45 – 11:45 Gentle Yoga CHRISTINE E	11:00- Noon ZUMBA JEN K.		3:00 – 4:00 ZUMBA LEEANNE	
12:00pm – 1:00pm	Advanced Cross Training DONNA D.	12:00 – 1:15 Power Yoga Christine E.	Stott Pilates KATIE	12:00 – 12:45 * Cycle TAMI	Step ERICA	12:00 – 1:15 Power Yoga Christine E.	Stott Pilates KATIE	12:00 – 12:45 * Cycle PAULA	Cross Training Dhomonique	12:00 – 1:15 Power Yoga MARIA			4:00 – 5:15 Sunday YOGA LEESA	
1:00pm – 1:45pm	Chair Exercise MARY			NOON T'ai Chi Practice	Chair Exercise ERICA				Chair Exercise ANGIE					
4:30pm – 5:30pm	4:30 – 5:30 Cross Training MARIA		4:30 – 5:00 * Cycle Express JULIA		4:30 – 5:30 Cardio Pump MARIA		4:30 – 5:30 ZUMBA MICHELLE		4:30 – 5:30 ZUMBA MARIA					
5:00pm – 5:30pm	5:30 – 6:00 Totally Tubular (in MP C) MARIA	5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.	5:30 – 6:00 TNT (in MP C) MARIA	5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Instructor Choice TRACI	*Cycle JOHN P.	Iron Grip Muscle LISA B.		Cardio-Step Interval DENISE	*Cycle TRACEY	Iron Grip Muscle TRACEY		Cardio Step TERESA P.	5:30 – 7:30 ●Kempo Karate				
6:45pm- 7:00pm	Abs/Back TRACI		6:45 – 7:00 Stretch LISA B.	5:45 – 7:00 Power Yoga LEESA	Abs/Back DENISE		6:45 – 7:00 Stretch TRACEY	5:45 – 7:00 Power Yoga Christine E.						
7:00pm- 8:00pm	Cardio Box LISA B.	6:00 – 9:00 ●Kempo Karate	Cross Training MABLE	7:00 – 7:45 *Cycle JOHNNA	Step LISA B.	6:00 – 9:00 ●Kempo Karate		7:00 – 7:45 *Cycle TAMI						
8:00pm – 9:00pm			ZUMBA JEN K.	7:00 – 9:00 ●Dancing (front desk)	Stott Pilates TERESA		ZUMBA JEN K.							

KEY

*Indicates space is limited. Please sign up at the service desk. Sign-up will begin 1 Day prior to class. Walk-ins are welcome, but signing up will reserve your bike, but you must be present at class start time or your space will be forfeited.

Cycle Classes are held in the NEW cycling studio (across from the gym)

- **Fee Based Class** – Please contact front desk for details and sign-up
- **Balance in Motion (Age 55+)** – Tues/Thurs 10:45-11:30
Class size is limited – Jan 28th – Apr 6th
Cost: \$20 members, \$40 non-members
- **Power Conditioning** – Feb 21st – Apr 4th -- Sundays 1:30PM-3PM
Cost: \$35 members, \$65 non-members

Group Fitness Coordinator: Paula Dahl: 582 -1900 Ext. 221

CHECK POSTED SCHEDULE FOR SCHEDULE CHANGES.

ALL GROUP FITNESS CLASSES ARE FREE WITH YOUR YMCA MEMBERSHIP! (except those annotated with a “●”)

Jamerson Family YMCA
GROUP FITNESS SCHEDULE
March 2010

Class Time	◀Monday 03.15▶		◀Tuesday 03.16▶		◀Wednesday 03.17▶		◀Thursday 03.18▶		◀Friday 03.19▶		◀Saturday 03.20▶		◀Sunday 03.21▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am		6:00 – 6:45 *Cycle DONA E.	5:45 – 6:45 Simply Ballistic DONA E.			*Cycle JOEL	5:45 – 6:45 Iron Grip DIANNE		T.G.I.F. DONA E.	YMCA NEIGHBORHOOD MEETING				
8:00am – 9:00am				8:00 – 9:15 AM Yoga JOE		Gentle Fire Yoga CATHY		8:00 – 9:15 AM Yoga WILEY		In the MP ROOM 9-3PM	8:00 – 9:00 Stott Pilates TERESA	8:30 – 9:45 Power Yoga LEESA		
8:30am – 9:30am	Cardio Box COREY	9:00 – 9:30 AB-solutely Core ANNE	Muscle TRACEY		9:00 – 9:30 AB-solutely Core MARY LYNN		Muscle MARY LYNN		Cross Training JULIA	9:00 – 9:30 AB-solutely Core JILL	9:00 – 10:00 Step MARY LYNN	9:00 – 10:15 *Cycle JULIA	1:30 – 3:00 •Power Conditioning TRACEY	
9:30am – 10:30am	Cross Training ANGIE	*Cycle ANNE	Iron Grip Muscle ANNE	Flexible Strength SHERRI ANN	Multi Step MARY LYNN	*Cycle DONNA D.	Flexible Strength MARY LYNN	9:45 – 10:30 Postnatal JULIA	Iron Grip Cardio JILL	*Cycle STACEY	10:00 – 11:00 Flexible Strength MARY LYNN		2:00 – 3:00 ZUMBA DIANNE	
10:30am – 11:30am	Cross Training Lite ANGIE	10:00 – 10:30 ZUMBA EXPRESS LEEANNE	10:45 – 11:45 Gentle Yoga LEESA	10:45 – 11:30 •Balance In Motion ANGIE	ZUMBA LEEANNE	20-20-20 Lite ART B.	10:45 -11:45 Active Plus Muscle MARY	10:45 – 11:30 •Balance In Motion ANGIE	Cross Training Lite MABLE	10:45 – 11:45 Gentle Yoga (in MP C) CHRISTINE E	11:00- Noon ZUMBA JEN K.		3:00 – 4:00 ZUMBA LEEANNE	
12:00pm – 1:00pm	Advanced Cross Training DONNA D.	12:00 – 1:15 Power Yoga JULIE S.	Stott Pilates KATIE	12:00 – 12:45 * Cycle TAMI	Step ERICA	12:00 – 1:15 Power Yoga Christine E.	Stott Pilates JULIE	12:00 – 12:45 * Cycle TAMI	Cross Training (OUTSIDE) Dhomonique	12:00 – 1:15 PowerYoga (in the studio) MARIA			4:00 – 5:15 Sunday YOGA Christine E.	
1:00pm – 1:45pm	Chair Exercise MARY			NOON T'ai Chi Practice	Chair Exercise TRACEY				Chair Exercise ANGIE					
4:30pm – 5:30pm	4:30 – 5:30 Cross Training SAMANTHA		4:30 – 5:00 * Cycle Express JULIA		4:30 – 5:30 Cardio Pump SAMANTHA		4:30 – 5:30 ZUMBA MICHELLE		4:30 – 5:30 ZUMBA DIANNE					
5:00pm – 5:30pm	5:30 – 6:00 Totally Tubular (in MP C) MARIA	5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.	5:30 – 6:00 TNT (in MP C) MARIA	5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Instructor Choice TRACI	*Cycle MIKE	Iron Grip Muscle TRACI		Cardio-Step Interval TERESA P.	*Cycle DENISE	Iron Grip Muscle DENISE		Cardio Step JENNIFER	5:30 – 7:30 •Kempo Karate				
6:45pm- 7:00pm	Abs/Back TRACI		6:45 – 7:00 Stretch TRACI	5:45 – 7:00 Power Yoga LEESA	Abs/Back TERESA P.		6:45 – 7:00 Stretch DENISE	5:45 – 7:00 Power Yoga Christine E.						
7:00pm- 8:00pm	Cardio Box LISA B.	6:00 – 9:00 •Kempo Karate	Cross Training MABLE	7:00 – 7:45 *Cycle LISA B.	Step JENNIFER	6:00 – 9:00 •Kempo Karate		7:00 – 7:45 *Cycle TAMI						
8:00pm – 9:00pm			ZUMBA JEN K.	7:00 – 9:00 •Dancing (front desk)	Stott Pilates TERESA		ZUMBA JEN K.							

KEY

*Indicates space is limited. Please sign up at the service desk. Sign-up will begin 1 Day prior to class. Walk-ins are welcome, but signing up will reserve your bike, but you must be present at class start time or your space will be forfeited.

Cycle Classes are held in the NEW cycling studio (across from the gym)

- **Fee Based Class** – Please contact front desk for details and sign-up
- **Balance in Motion (Age 55+)** – Tues/Thurs 10:45-11:30
Class size is limited – Jan 28th – Apr 6th
Cost: \$20 members, \$40 non-members
- **Power Conditioning** – Feb 21st – Apr 4th -- Sundays 1:30PM-3PM
Cost: \$35 members, \$65 non-members

Group Fitness Coordinator: Paula Dahl: 582 -1900 Ext. 221

CHECK POSTED SCHEDULE FOR SCHEDULE CHANGES.

ALL GROUP FITNESS CLASSES ARE FREE WITH YOUR YMCA MEMBERSHIP! (except those annotated with a “•”)

Jamerson Family YMCA
GROUP FITNESS SCHEDULE
March 2010

Class Time	◀Monday 03.22▶		◀Tuesday 03.23▶		◀Wednesday 03.24▶		◀Thursday 03.25▶		◀Friday 03.26▶		◀Saturday 03.27▶		◀Sunday 03.28▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am		6:00 – 6:45 *Cycle TRACEY	5:45 – 6:45 Simply Ballistic DONA E.			*Cycle JOEL	5:45 – 6:45 Iron Grip DIANNE		T.G.I.F. DONA E.					
8:00am – 9:00am				8:00 – 9:15 AM Yoga WILEY		Gentle Fire Yoga CATHY		8:00 – 9:15 AM Yoga WILEY			8:00 – 9:00 Stott Pilates TERESA	8:30 – 9:45 Power Yoga BETHANY		
8:30am – 9:30am	Cardio Box COREY	9:00 – 9:30 AB-solutely Core ANNE	Muscle ERICA		9:00 – 9:30 AB-solutely Core MARY LYNN		Muscle MARY LYNN		Cross Training JULIA	9:00 – 9:30 AB-solutely Core JILL	9:00 – 10:00 Step JULIA	9:00 – 10:15 *Cycle DENISE	1:30 – 3:00 •Power Conditioning TRACEY	
9:30am – 10:30am	Cross Training ANGIE	*Cycle ANNE	Iron Grip Muscle MARIA	Flexible Strength SHERRI ANN	Multi Step MARY LYNN	*Cycle DONNA D.	Flexible Strength MARY LYNN	9:45 – 10:30 Postnatal JULIA	Iron Grip Cardio JILL	*Cycle TAMI	10:00 – 11:00 Flexible Strength JULIA		2:00 – 5:00 ZUMBA- THON KELLY G.	
10:30am – 11:30am	Cross Training Lite ANGIE	10:00 – 10:30 ZUMBA EXPRESS LEEANNE	10:45 – 11:45 Gentle Yoga LEESA	10:45 – 11:30 •Balance In Motion ANGIE	ZUMBA LEEANNE	20-20-20 Lite ART B.	10:45 -11:45 Active Plus Muscle MARY	10:45 – 11:30 •Balance In Motion ANGIE	Cross Training Lite ERICA	10:45 – 11:45 Gentle Yoga CHRISTINE E	11:00- Noon ZUMBA MICHELLE		MARIA JEN K. MICHELLE DIANNE	
12:00pm – 1:00pm	Advanced Cross Training DONNA D.	12:00 – 1:15 Power Yoga JULIE S.	Stott Pilates JULIE	12:00 – 12:45 * Cycle TAMI	Step ERICA	12:00 – 1:15 Power Yoga Christine E.	Stott Pilates JULIE	12:00 – 12:45 * Cycle PAULA	Cross Training Dhomonique	12:00 – 1:15 Power Yoga MARIA			4:00 – 5:15 Sunday YOGA Christine E.	
1:00pm – 1:45pm	Chair Exercise MARY			NOON T'ai Chi Practice	Chair Exercise ERICA				Chair Exercise PAULA					
4:30pm – 5:30pm	4:30 – 5:30 Cross Training MARIA		4:30 – 5:00 * Cycle Express JULIA		4:30 – 5:30 Cardio Pump MARIA		4:30 – 5:30 ZUMBA AMANDA		4:30 – 5:30 ZUMBA MARIA					
5:00pm – 5:30pm	5:30 – 6:00 Totally Tubular (in MP C) MARIA	5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.	5:30 – 6:00 TNT (in MP C) MARIA	5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Instructor Choice TRACI	*Cycle JOHN P.	Iron Grip Muscle LISA B.		Cardio-Step Interval DENISE	*Cycle TRACI	Iron Grip Muscle TRACEY		Cardio Step JENNIFER	5:30 – 7:30 •Kempo Karate				
6:45pm – 7:00pm	Abs/Back TRACI		6:45 – 7:00 Stretch LISA B.	5:45 – 7:00 Power Yoga LEESA	Abs/Back DENISE		6:45 – 7:00 Stretch TRACEY	5:45 – 7:00 Power Yoga Christine E.						
7:00pm – 8:00pm	Cardio Box LISA B.	6:00 – 9:00 •Kempo Karate	Cross Training MABLE	7:00 – 7:45 *Cycle JOHNNA	Step JENNIFER	6:00 – 9:00 •Kempo Karate		7:00 – 7:45 *Cycle ELLERY						
8:00pm – 9:00pm			ZUMBA JEN K.	7:00 – 9:00 •Dancing (front desk)	Stott Pilates TERESA		ZUMBA JEN K.							

KEY

*Indicates space is limited. Please sign up at the service desk.
 Sign-up will begin 1 Day prior to class. Walk-ins are welcome, but signing up will reserve your bike, but you must be present at class start time or your space will be forfeited.

Cycle Classes are held in the NEW cycling studio (across from the gym)

- **Fee Based Class** – Please contact front desk for details and sign-up
- **Balance in Motion (Age 55+)** – Tues/Thurs 10:45-11:30
 Class size is limited – Jan 28th – Apr 6th
 Cost: \$20 members, \$40 non-members
- **Power Conditioning** – Feb 21st – Apr 4th -- Sundays 1:30PM-3PM
 Cost: \$35 members, \$65 non-members

Group Fitness Coordinator: Paula Dahl: 582 -1900 Ext. 221

CHECK POSTED SCHEDULE FOR SCHEDULE CHANGES.

ALL GROUP FITNESS CLASSES ARE FREE WITH YOUR YMCA MEMBERSHIP! (except those annotated with a “•”)

Jamerson Family YMCA
GROUP FITNESS SCHEDULE
March / April 2010

Class Time	◀Monday 03.29▶		◀Tuesday 03.30▶		◀Wednesday 03.31▶		◀Thursday 04.01▶		◀Friday 04.02▶		◀Saturday 04.03▶		◀Sunday 04.04▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am		6:00 – 6:45 *Cycle DONA E.	5:45 – 6:45 Simply Ballistic DONA E.			*Cycle JOEL	5:45 – 6:45 Iron Grip DIANNE		T.G.I.F. DONA E.					HAPPY EASTER
8:00am – 9:00am				8:00 – 9:15 AM Yoga JOE		Gentle Fire Yoga CATHY		8:00 – 9:15 AM Yoga WILEY			8:00 – 9:00 Stott Pilates TERESA	8:30 – 9:45 Power Yoga BETHANY		
8:30am – 9:30am	Cardio Box COREY	9:00 – 9:30 AB-solutely Core PAULA	Muscle TRACEY		9:00 – 9:30 AB-solutely Core MARY LYNN		Muscle MARY LYNN		Cross Training JULIA	9:00 – 9:30 AB-solutely Core JILL	9:00 – 10:00 Step TERESA	9:00 – 10:15 *Cycle MIKE G.		
9:30am – 10:30am	Cross Training ANGIE	*Cycle PAULA	Iron Grip Muscle ANNE	Flexible Strength SHERRI ANN	Multi Step MARY LYNN	*Cycle DONNA D.	Flexible Strength MARY LYNN	9:45 – 10:30 Postnatal JULIA	Iron Grip Cardio JILL	*Cycle STACEY	10:00 – 11:00 Flexible Strength JULIA			
10:30am – 11:30am	Cross Training Lite ANGIE	10:00 – 10:30 ZUMBA EXPRESS LEEANNE	10:45 – 11:45 Gentle Yoga BETHANY	10:45 – 11:30 ●Balance In Motion ANGIE	ZUMBA LEEANNE	20-20-20 Lite ART B.	10:45 – 11:45 Active Plus Muscle MARY	10:45 – 11:30 ●Balance In Motion ANGIE	Cross Training Lite MABLE	10:45 – 11:45 Gentle Yoga BETHANY	11:00- Noon ZUMBA JEN K.			
12:00pm – 1:00pm	Advanced Cross Training DONNA D.	12:00 – 1:15 Power Yoga JULIE S.	Stott Pilates JULIE	12:00 – 12:45 * Cycle DONA E.	Step ERICA	12:00 – 1:15 Power Yoga Christine E.	Stott Pilates JULIE	12:00 – 12:45 * Cycle TAMI	Cross Training Dhomonique	12:00 – 1:15 Power Yoga MARIA				
1:00pm – 1:45pm	Chair Exercise MARY			AARP DRIVING Noon-4	Chair Exercise TRACEY			AARP DRIVING Noon-4	Chair Exercise PAULA					
4:30pm – 5:30pm	4:30 – 5:30 Cross Training SAMANTHA		4:30 – 5:00 * Cycle Express JULIA		4:30 – 5:30 Cardio Pump SAMANTHA		4:30 – 5:30 ZUMBA MICHELLE		4:30 – 5:30 ZUMBA DIANNE					
5:00pm – 5:30pm	5:30 – 6:00 Totally Tubular (in MP C) MARIA	5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.	5:30 – 6:00 TNT (in MP C) MARIA	5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Instructor Choice TRACI	*Cycle MIKE	Iron Grip Muscle TRACI		Cardio-Step Interval TERESA P.	*Cycle DENISE	Iron Grip Muscle TRACEY		Cardio Step JENNIFER	5:30 – 7:30 ●Kempo Karate				
6:45pm- 7:00pm	Abs/Back TRACI		6:45 – 7:00 Stretch TRACI	5:45 – 7:00 Power Yoga BETHANY	Abs/Back TERESA P.		6:45 – 7:00 Stretch TRACEY	5:45 – 7:00 Power Yoga BETHANY						
7:00pm- 8:00pm	Cardio Box LISA B.	6:00 – 9:00 ●Kempo Karate	Cross Training MABLE	7:00 – 7:45 *Cycle HEATH	Step JENNIFER	6:00 – 9:00 ●Kempo Karate		7:00 – 7:45 *Cycle TAMI						
8:00pm – 9:00pm			ZUMBA JEN K.	7:00 – 9:00 ●Dancing (front desk)	Stott Pilates TERESA		ZUMBA JEN K.							

KEY
*Indicates space is limited. Please sign up at the service desk.
Sign-up will begin 1 Day prior to class. Walk-ins are welcome, but signing up will reserve your bike, but you must be present at class start time or your space will be forfeited.

Cycle Classes are held in the NEW cycling studio (across from the gym)

- **Fee Based Class** – Please contact front desk for details and sign-up
- **Balance in Motion (Age 55+)** – Tues/Thurs 10:45-11:30
Class size is limited – Jan 28th – Apr 6th
Cost: \$20 members, \$40 non-members
- **Power Conditioning** – Feb 21st – Apr 4th -- Sundays 1:30PM-3PM
Cost: \$35 members, \$65 non-members

Group Fitness Coordinator: Paula Dahl: 582 -1900 Ext. 221

CHECK POSTED SCHEDULE FOR SCHEDULE CHANGES.

ALL GROUP FITNESS CLASSES ARE FREE WITH YOUR YMCA MEMBERSHIP! (except those annotated with a “●”)

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.