

Jamerson Family YMCA
GROUP FITNESS SCHEDULE
April 2010

Class Time	◀Monday 04.12▶		◀Tuesday 04.13▶		◀Wednesday 04.14▶		◀Thursday 04.15▶		◀Friday 04.16▶		◀Saturday 04.17▶		◀Sunday 04.18▶	
	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 PAULA			*Cycle JOEL	5:45 – 6:45 Iron Grip DIANNE		T.G.I.F. 20-20-20 JOHNNA					
8:00am – 9:00am	9:30 AM Mommy&Me ANNE			8:00 – 9:15 AM Yoga JOE	9:30 AM Mommy&Me ANNE	8:00 – 9:15 AM 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 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 JULIA	9:00 – 10:15 *Cycle TAMI		
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		Iron Grip Cardio JILL	*Cycle JOHNNA	10:00 – 11:00 Flexible Strength JULIA		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 CHRISTINE E	11:00- Noon ZUMBA JEN K.		3:00 – 4:00 ZUMBA 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 JOHNNA	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				Chair Exercise TRACEY				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 AMANDA D.		4:30 – 5:30 ZUMBA DIANNE					
5:00pm – 5:30pm		5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.		5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Double Step 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 LEESA	Abs/Back TERESA P.	5:45 – 6:45 Y-WALK TRACI	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 HEATH	Step MABLE	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+) – Level Two Tues/Thurs 10:45-11:30
Class size is limited – Apr 13th – Jun 10th

Cost : \$20 members, \$40 non-members

● Power Conditioning – May 2nd – June 13th -- 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
April 2010

Class Time	◀Monday 04.19▶		◀Tuesday 04.20▶		◀Wednesday 04.21▶		◀Thursday 04.22▶		◀Friday 04.23▶		◀Saturday 04.24▶		◀Sunday 04.25▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am		6:00 – 6:45 *Cycle JOEL	5:45 – 6:45 Simply Ballistic PAULA			*Cycle JOEL	5:45 – 6:45 Iron Grip		T.G.I.F. 20-20-20 JOHNNA					
8:00am – 9:00am	9:30 AM Mommy&Me ANNE			8:00 – 9:15 AM Yoga CATHY	9:30 AM Mommy&Me ANNE	8:00 – 9:15 AM Yoga CATHY		8:00 – 9:15 AM Yoga JOE			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 ERICA		9:00 – 9:30 AB-solutely Core JULIA		Muscle ERICA		Cross Training JULIA	9:00 – 9:30 AB-solutely Core JILL	9:00 – 10:00 Step VICKY	9:00 – 10:00 *Cycle DENISE		
9:30am – 10:30am	Cross Training ANGIE	*Cycle ANNE	Iron Grip Muscle MARIA	Flexible Strength SHERRI ANN	Multi Step JULIA	*Cycle DONNA D.	Flexible Strength JULIA		Iron Grip Cardio JILL	*Cycle TAMI	10:00 – 11:00 Flexible Strength DENISE		2:00 – 3:00 ZUMBA AMANDA D.	
10:30am – 11:30am	Cross Training Lite ANGIE	10:00 – 10:30 ZUMBA EXPRESS JEN K.	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 PAULA	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 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 JOHNNA	Cross Training Dhomonique	12:00 – 1:15 Power Yoga MARIA			4:00 – 5:15 Sunday YOGA CATHY	
1:00pm – 1:45pm	Chair Exercise PAULA				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 MICHELLE		4:30 – 5:30 ZUMBA MARIA					
5:00pm – 5:30pm		5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.		5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Double Step TRACI	*Cycle JOHN P.	Iron Grip Muscle LISA B.		Cardio-Step Interval DENISE	*Cycle TRACEY	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	5:45 – 6:45 Y-WALK TRACI	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 NATALIE	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.							

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Jamerson Family YMCA
GROUP FITNESS SCHEDULE
April/May 2010

Class Time	◀Monday 04.26▶		◀Tuesday 04.27▶		◀Wednesday 04.28▶		◀Thursday 04.29▶		◀Friday 04.30▶		◀Saturday 05.01▶		◀Sunday 05.02▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am		6:00 – 6:45 *Cycle JOEL	5:45 – 6:45 Simply Ballistic PAULA			*Cycle JOEL	5:45 – 6:45 Iron Grip DIANNE		T.G.I.F. JOHNNA					
8:00am – 9:00am	9:30 AM Mommy&Me ANNE			8:00 – 9:15 AM Yoga JOE	9:30 AM Mommy&Me ANNE	8:00 – 9:15 AM 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 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 DENISE	1:30 – 3:00 •Power Conditioning TRACEY	
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		Iron Grip Cardio JILL	*Cycle STACEY	10:00 – 11:00 Flexible Strength Christine C.		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 ERICA	10:45 – 11:30 •Balance In Motion ANGIE	Cross Training Lite MABLE	10:45 – 11:45 Gentle Yoga CHRISTINE E	11:00- Noon ZUMBA AMANDA D.		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 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 TAMI	Cross Training Dhomonique	12:00 – 1:15 Power Yoga MARIA			4:00 – 5:15 Sunday YOGA Christine E.	
1:00pm – 1:45pm	Chair Exercise ERICA				Chair Exercise TRACEY				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		5:00 – 5:55 Flexible Strength AMANDA	5:00 – 5:40 Flexible Strength JULIA	5:30 – 6:15 * Cycle Express JOHN P.		5:00 – 5:55 Flexible Strength JULIA		5:30 – 6:15 * Cycle Express TERRY						
5:45pm – 6:45pm	Double Step TRACI	*Cycle ELLERY	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 LEESA	Abs/Back TERESA P.	5:45 – 6:45 Y-WALK TRACI	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 TERESA P.	7:00 – 7:45 *Cycle HEATH	Step JENNIFER	6:00 – 9:00 •Kempo Karate		7:00 – 7:45 *Cycle TAMI						
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