

**Jamerson Family YMCA**  
**GROUP FITNESS SCHEDULE**  
**July 2010**

Class Time	◀Monday 07.26▶		◀Tuesday 07.27▶		◀Wednesday 07.28▶		◀Thursday 07.29▶		◀Friday 07.30▶		◀Saturday 07.31▶		◀Sunday 08.01▶	
	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		ZUMBA	DIANNE				
8:00am – 9:00am				8:00 – 9:15 AM Yoga JOE		8:00 – 9:15 AM Yoga CATHY		8:00 – 9:15 AM Yoga CATHY			8:00 – 8:40 Stott Pilates TERESA	8:30 – 9:45 Power Yoga DONNA EV.		
8:30am – 9:30am	Cardio Box COREY	9:00 – 9:30 AB-solutely Core ERICA	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 TERESA P.		
9:30am – 10:30am	Cross Training ANGIE	*Cycle PAULA	Iron Grip Muscle ERICA	Flexible Strength JULIA	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 AMANDA D.	
10:30am – 11:30am	Cross Training Lite ANGIE	10:00 – 10:30 ZUMBA EXPRESS LEEANNE	10:45 – 11:45 Gentle Yoga MARINDA		ZUMBA LEEANNE	20-20-20 Lite ART B.	10:45 – 11:45 Active Plus Muscle MARY		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 TRACEY	12:00 – 1:15 Power Yoga MARINDA	Stott Pilates JULIE	12:00 – 12:45 * Cycle TAMI	Step MABLE	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 MARINDA			4:00 – 5:15 Sunday YOGA MARINDA	
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 JOHN P.	Iron Grip Muscle LISA B.		Cardio-Step Interval DENISE	*Cycle LISA B.	Iron Grip Muscle TERESA P.		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 MARINDA	Abs/Back DENISE	5:45 – 6:45 Y-WALK TRACI	6:45 – 7:00 Stretch TERESA P.	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 Interval 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

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 “•”)



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