



New Year's Eve
8 am-6 pm

New Year's Day
1-6 pm

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

Group Exercise Classes

January 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30 am				Pilates (Joni)-3		Y opens at 8 am	Y opens at 1 pm
7-8 am	Mat Class-Yoga/Stretch (Sue)-1 Beginner* Tai Chi-1 7:30-8am Multi-purpose Rm		Pilates Plus (Sue)-3		Yoga (Sue)-2		
8 am	Tai Chi* (Gerald)-1 8-9am Multi-purpose Rm (Traci)-2 8:30-9:15 a.m.	Lower Body Blast (Michelle)-3 8:30-9:15am		Mat Class-Yoga/Stretch* (Sue)-1 8-9am	Tai Chi* (Gerald)-1 8-9am		
9 am	Line Dancing* (Linda)-1 9-9:30am Beginner 9:30-10am Advanced Multi-purpose Rm Power Sculpting (Traci)-3 9:15-10am	Upper Body/Circuit Training (Heather)-3 9:15-10am	Line Dancing* (Linda)-1 9-10am Multi-purpose Rm & Sculpt (Michelle)-2 9-10am	Circuit Training (Michelle)-3 9-10am	Line Dancing* (Linda)-2 9-10am Multi-purpose Rm Alternating Friday's (Instructors Rotate) 1st, 3rd Friday Kickbox/Circuit-2 2nd & 4th Friday 9-10am	 9-10:00 am (Instructors Rotate)-2	
10-11 am						Circuit Training-3 10-10:45 am	
12:30 pm		 Express-Kristy 12:30-1:15pm		 Express-Traci 12:30-1:15pm			
4:30 pm	Beginner Step & Sculpt (Heather)-2 4:30-5:15pm	Circuit/Step (Missy)- 4:30-5:15pm	1 (Traci/Kristy)-2 4:45-5:30pm	Circuit Training (Michelle)-3 4:30-5:15pm			 3-4:00 pm Instructors Rotate
5:15 pm (varies)	Power Sculpting (Heather)-2 5:15-6pm	Power Step (Keisha)-3 5:15-6pm	Lower Body Blast (Missy)-3 5:30-6:15pm	w/weights (Michelle)-2 5:15-6:15 pm Aerobics Rm	w/weights (Jessi)-2 5:30-6:15pm		
6 pm (varies)	(Instr. Rotate)-2 6-7pm	Power Sculpting (Keisha)-2 6-6:45pm	Stacy-3 6:15-7:15pm	Kickbox/Circuit (Keisha/Missy)-2 6:15-7pm			
7 pm	(Betzy)-2 7-7:45pm	Mat Class-Yoga/Stretch (Sue)-1		Mat Class-Yoga/Stretch (Marsha)-1		*Family Friendly 1=easy 2=medium 3=hard	

