



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

APPLE CREEK YMCA

January 9-April 15, 2012

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:45 AM Total Cardio Group Exercise Studio	5:45 AM S & R Group Exercise Studio	5:45 AM Cardio/Strength Fusion Group Exercise Studio	5:45 AM S & R Group Exercise Studio	8:30 AM Core Group Exercise Studio	8:00 AM Pilates/Yoga Fusion Group Exercise Studio
8:15 AM Silver Sneakers White Pine Room	5:45 AM PiYo™ White Pine Room	8:15 AM Silver Sneakers White Pine Room	5:45 AM PiYo™ White Pine Room	8:15 AM Silver Sneakers White Pine Room	9:10 AM Sampler Saturday Group Exercise Studio
8:30 AM Total Cardio Group Exercise Studio	7:30 AM Slow Flow Yoga White Pine Room	8:30 AM Total Cardio Group Exercise Studio	7:30 AM Slow Flow Yoga White Pine Room	9:15 AM Simply Fit White Pine Room	
9:05 AM Silver Sneakers White Pine Room	8:30 AM Step Group Exercise Studio	9:05 AM Silver Sneakers White Pine Room	8:30 AM Step Group Exercise Studio		
9:20 AM S & R Group Exercise Studio	8:30 AM Slow Flow Yoga White Pine Room	9:20 AM S & R Group Exercise Studio	8:30 AM Slow Flow Yoga White Pine Room		
12:05 PM Tai Chi Easy White Pine Room	8:30 AM Zumba Gold Red Oak Room	12:30 PM Zumba Group Exercise Studio	8:30 AM Zumba Gold Red Oak Room		
12:30 PM Zumba Group Exercise Studio	9:30 AM Power Vinyasa Yoga White Pine Room	5:30 PM Zumba Group Exercise Studio	9:30 AM Power Vinyasa Yoga White Pine Room		
5:30 PM Zumba Group Exercise Studio	9:45 AM Total Body Boot Camp Group Exercise Studio	6:45 PM Cardio Kickbox Group Exercise Studio	9:45 AM Total Body Boot Camp Group Exercise Studio		
6:30 PM Pilates/Yoga Fusion White Pine Room	12:00 PM Med Ball Madness Group Exercise Studio		12:00 PM Med Ball Madness Group Exercise Studio		
6:45 PM Cardio Kickbox Group Exercise Studio	5:00 PM Club S & R Group Exercise Studio		5:00 PM Club S & R Group Exercise Studio		
	6:30 PM Pilates/Yoga Fusion Group Exercise Room		6:30 PM Pilates/Yoga Fusion Group Exercise Room		

APPLE CREEK YMCA

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