



2012 WINTER GROUP FITNESS SCHEDULE (Two sides- Schedule subject to change)

APPLETON YMCA

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM			GROUP CYCLING		GROUP CYCLING		
5:30 AM		H2O FUSION-Boldt CORE-Harwood Rm GROUP CYCLING	STRENGTH/RESIST-APG	H2O FUSION-Boldt CORE-Harwood Rm GROUP CYCLING	STRENGTH/RESIST-APG	H2O FUSION	
			H2O STRENGTH/STRETCH- Boldt		H2O STRENGTH/STRETCH- Boldt	GROUP CYCLING	
5:45 AM		NORDIC WALK TOTAL BODY BOOTCAMP-APG	Awakening Yoga-SMBS	NORDIC WALK TOTAL BODY BOOTCAMP-APG	Awakening Yoga-SMBS	TOTAL BODY BOOTCAMP-AP Gym	
6:00 AM		Power Yoga-SMBS	Athletic Reformer	Power Yoga-SMBS	Athletic Reformer	Power Yoga-SMBS\$	WATER RUNNING-Boldt GROUP CYCLING
6:15 AM			GROUP CYCLING WATER RUNNING-Boldt		GROUP CYCLING WATER RUNNING-Boldt	H2O BOOTCAMP- Boldt	
6:30 AM		KETTLEBELL -APG (6:35)	TRX -APG	KETTLEBELL -APG (6:35)	TRX -APG	MAXIMUMTHRESHOLD-APG	
7:00 AM		H2O EXERCISE- Boldt/Guardian	Reformer 2	H2O EXERCISE- Boldt/Guardian	Reformer 2	H2O EXERCISE- Boldt/Guardian TRX/KettlebellCombo-APG	H2O FUSION-Boldt GROUP CYCLING TRX/Kettlebell Combo
7:15 AM		SIMPLY BALANCE-APG		SIMPLY BALANCE-APG			
7:30 AM			SENIOR GYM-APG Slow Flow Yoga-SMBS		SENIOR GYM-APG Slow Flow Yoga-SMBS		
7:50 AM		Reformer 3		Reformer 3		Reformer 3	
8:00 AM		CARDIAC H2O-Boldt Slow Flow Yoga-SMBS STRENGTH/RESIST- WFC ZUMBA- APG	SILVER SNEAKERS-APG STRENGTH/RESIST- WFC Reformer 3	CARDIAC H2O- Boldt ZUMBA- APG STRENGTH/RESIST- WFC	SILVER SNEAKERS- APG STRENGTH/RESIST- WFC Reformer 3	CARDIAC H2O- Boldt ZUMBA- APG STRENGTH/RESIST- WFC	STRENGTH/RES.-WFC GROUP CYCLING ZUMBA-APG Power Yoga-SMBS
8:15 AM		GROUP CYCLING EXPRESS	GROUP CYCLING EXPRESS	GROUP CYCLING EXPRESS	GROUP CYCLING EXPRESS	GROUP CYCLING	
9:00 AM		GROUP CYCLING Power Yoga-SMBS STRENGTH/RESIST- WFC Reformer 1	GROUP CYCLING H2O CHALLENGE-Boldt Zumba Toning-Orbison STEP-APG Pilates/YogaFusion-SMBS Prenatal Yoga- WFC Reformer 1	GROUP CYCLING Power Yoga-SMBS TOTAL CARDIO-APG STRENGTH/RESIST- WFC	GROUP CYCLING H2O CHALLENGE- Boldt STEP-APG Pilates/YogaFusion-SMBS Prenatal Yoga- WFC Reformer 1	GROUP CYCLING Power Yoga-SMBS STRENGTH/RESIST- WFC	GROUP CYCLING STEP-APG
		TOTAL CARDIO-APG	GROUP RUNNING	TOTAL CARDIO-APG	Zumba Toning-Orbison	TOTAL CARDIO-APG	
		DEEP DEVOTION-Boldt		DEEP DEVOTION- Boldt		DEEP DEVOTION-Boldt	
9:30 AM	GROUP CYCLING						

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM		CORE -APG Pilates/YogaFusion-SMBS Reformer 2		CORE -APG Pilates/YogaFusion-SMBS		CORE -APG Pilates/YogaFusion-SMBS	
10:15 AM		SIMPLY FIT-WFC	Reformer 2	SIMPLY FIT-WFC	Reformer 2		
10:20 AM			STRENGTH/RESIST WFC		STRENGTH/RESIST WFC		
10:30 AM	Yoga for Cyclist		Gentle Sretch-SMBS		Gentle Sretch-SMBS	ZUMBA GOLD- AP Gym	
11:00AM		SIMPLY STRENGTH-WFC		SIMPLY STRENGTH -WFC		SIMPLY STRENGTH- WFC	
11:15AM	GROUP CYCLING	ZUMBA GOLD -APG		ZUMBA GOLD -APG			
11:30 AM			TRX-APG		TRX/APG		
Noon		AQUA ZUMBA-Boldt ZUMBA - APG Yoga SMBS Reformer 2	GROUP CYCLING Power Yoga-SMBS ZUMBA-APG Reformer 2	AQUA ZUMBA-Boldt ZUMBA - APG Yoga SMBS	GROUP CYCLING Power Yoga-SMBS ZUMBA-APG Reformer 2	H2O CHALLENGE-Boldt Yoga SMBS ZUMBA - APG	
		GROUP CYCLING Reformer 1	H2O STRENGTH & STRETCH-Boldt	GROUP CYCLING	H2O STRENGTH & STRETCH-Boldt	GROUP CYCLING	
1:00 PM							
2:00 PM			Tai Chi Easy-SMBS		Tai Chi Easy-SMBS		
4:15 PM		ZUMBA TONING-APG					
4:30 PM		STRENGTH/RESIST-WFC Reformer 1		STRENGTH/RESIST-WFC Reformer 1	ZumbAtomic-APG		
4:45 PM		GROUP CYCLING		GROUP CYCLING		GROUP CYCLING	
5:00 PM			Teen Yoga- SMBS Reformer 2		Children's Yoga SMBS \$ Reformer 2		
5:15 PM		ZUMBA -APG		ZUMBA -APG			
5:30 PM		Power Yoga-SMBS Pilates-WFC	GROUP CYCLING TOTALBODYBOOTCAMP-APG STRENGTH/RESIST-WFC	Power Yoga-SMBS Pilates-WFC	GROUP CYCLING TOTALBODYBOOTCAMP-APG STRENGTH/RESIST-WFC	ZUMBA-APG Power Yoga-SMBS	
5:45 PM		GROUP CYCLING		GROUP CYCLING			
6:00 PM			H2O FUSION-Boldt Power Yoga-SMBS	Reformer-PR	H2O FUSION-Boldt Power Yoga-SMBS		
6:15 PM		ZUMBA-APG		Zumba-APG			
6:30 PM		Hatha Yoga SMBS Reformer 1	GROUP CYCLING Reformer 3 Tuesday Twist-APG Hatha Yoga SMBS	Hatha Yoga SMBS Reformer 1	GROUP CYCLING Reformer 3		
7:15 PM					Hatha Yoga SMBS		
7:45 PM		SlowFlowYoga-SMBS					