



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Class Schedule

Fox West YMCA - WINTER 2012

Session 1 : January 9th - February 26th

Session 2 : February 27th - April 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics Studio						
5:00am		+Cardio/Strength Fusion Patti R.		+Cardio/Strength Fusion Patti R.		
5:15am	Cardio/Strength Fusion Megan S.		Cardio/Strength Fusion Megan S.		Cardio/Strength Fusion Kathy Z.	
6:15am						
8:15am	*Cardio/Strength Fusion Jodi S.	Strength & Resistance Chris K.	*Cardio/Strength Fusion Jen B.	Strength & Resistance Chris K.	*Cardio/Strength Fusion Jen B.	Cardio/Strength Fusion Kathy Z.
9:15am		Zumba Maria D.		Zumba Maria D.		Zumba Instructor Rotation
9:20am	SilverSneakers Cardio Circuit Jodi S.		SilverSneakers Cardio Circuit Jodi S.		SilverSneakers Cardio Circuit Mary B.	
10:15am	SilverSneakers MSROM Jodi S.		SilverSneakers MSROM Jodi S.		SilverSneakers MSROM Mary B.	
10:15am		Zumba Gold Maria D.		Zumba Gold Maria D.		
11:15am					Silver Stretch Mary B.	
4:30PM				^Zumbatomic Kirsten R. (ages 7-12)		
5:25pm	Cardio/Strength Fusion Kathy Z.	Strength & Resistance Emily D.	Cardio/Strength Fusion Angela	Strength & Resistance Jodi S.		
6:15pm	Zumba Emily D.	Balletone Emily D.	Zumba Emily D.	Total Cardio Jodi S.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Multi Room						
5:05am					*Group Cycling Patti R.	
5:15am	*Group Cycling Pat J.	*Group Cycling Tim Laird	*Group Cycling Pat J.	*Group Cycling Tim Laird		
8:30am	Cycle Lite Laura A.		Cycle Lite Laura A.			
8:15am		*Group Cycling Lisa H.		*Group Cycling Lisa H.		*Group Cycling Instructor Rotation
9:30am	Group Cycling Tamera K.		Group Cycling Jen B.		Group Cycling Jen B.	
12:00pm		^Express Cycling Tamera K.		^Express Cycling Laura A.		
4:15pm				Tween Cycling Nathan K.		
5:30pm		Group Cycling Angela		Group Cycling Angela		
6:15pm						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool						
8:00am					*Arthritis Aquatic Class Mary	
8:15am	H2O Fusion Rebecca	H2O Challenge Mary	H2O Fusion Rebecca	H2O Challenge Jen B.		
9:15am		SilverSneakers Silver Splash Mary	*Arthritis Aquatic Class Rebecca	SilverSneakers Silver Splash Jen B.	Deep Water Exercise Rebecca	
9:30am	Aqua Yoga Rebecca					
10:15am		H2O Exercise Mary	H2O Exercise Rebecca	H2O Exercise Jen B.		
7:15pm	H2O Challenge Emily D.		H2O Challenge Emily D.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lower Level						
5:30am	*Hatha Yoga John G.		*Hatha Yoga John G.			
8:15am						
9:20am	^Core Angie M.					
9:30am			*Slow Flow Yoga Theresa	Pilates Chris K.	*Slow Flow Yoga Laura V.	
10:00am	^Core Angie M.					
10:30am			^Core Angie M.		^Core Angie M.	
11:00am	Power Vinyasa Yoga Laura V.				^Core Angie M.	
5:30pm	Pilates Chris K.		Pilates Chris K.			
6:30pm						
Dance Studio						
5:30am		^TRX Training Theresa		^TRX Training Theresa		
12:30pm		^TRX Training Kirsten		^TRX Training Kirsten		
Lifestyle Center						
11:30am	^Cardio Circuit Katie		^Cardio Circuit Jenny			

* Class times are subject to change. Please visit www.ymcafoxcities.org for the most up-to-date class schedules

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Greenville, WI 54942
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www.ymcafoxcities.org

All Classes are 45 minutes unless otherwise noted : + 90 Minute Class
* 60 Minute Class
^ 30 Minute Class