



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

HEART OF THE VALLEY YMCA  
 January 9 – April 15, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING CLASSES</b>						
5:15-6:00 am Group Cycling	5:15-6:00 am Core/Strength/Core	5:15-6:00 am Group Cycling	5:15-6:00 am Core/Strength/Core	5:15-6:00 am Group Cycling	6:30-7:30 am Total Body Bootcamp	9:30-10:30 am Zumba
5:15-6:15 am Total Body Bootcamp	5:15-6:00 am BOSU Cardio/Conditioning	5:15-6:15 am Step	5:15-6:15 am BOSU Cardio/Conditioning	5:15-6:15 am Total Body Bootcamp	6:45-7:30 am H2O Exercise	9:30-10:15 am Group Cycling
<b>5:15-6:15 am Power Vinyasa Yoga*</b>	5:30-6:15 am Group Cycling	<b>5:15-6:15 am Power Vinyasa Yoga*</b>	5:30-6:15 am Group Cycling	5:45-6:30 am H2O Fusion	7:00-8:30 am Group Cycling	
5:45-6:30 am H2O Fusion	6:30-7:00 am Hoop Fitness	5:45-6:30 am H2O Fusion	6:30-7:00 am Kettlebells	9:00-10:00 am Deep Water Exercise	7:45-8:45 am Int/Adv Step	
6:30-7:00 am Kettlebells	8:00-8:45 am Easy Does It Land	8:00-8:45 am Gentle Stretch	8:00-8:45 am Easy Does It Land	9:00-10:15 am Total Body Bootcamp	8:00-8:45 am Core	
<b>6:30-7:15 am Body Talk*</b>	8:00-8:45 am Silver Sneakers MSROM	8:05-8:45 am H2O Challenge	8:00-8:45 am Silver Sneakers MSROM	9:00-9:45 am Simply Balance	<b>9:00-10:00 am Hatha Yoga*</b>	
8:05-8:45 am H2O Challenge	8:05-8:45 am Easy Does it H2O	8:10-8:50 am Strength & Resistance	8:05-8:45 am Easy Does it H2O	9:00-9:50 am Cardio Funk	9:00-9:45 am Strength & Resistance	
8:10-8:50 am Strength & Resistance	9:00-9:45 am Group Cycling	8:20-9:05 am Group Cycling	9:00-9:45 am Group Cycling	<b>9:00-10:00 am Fitness Yoga*</b>	9:00-9:45 am Group Cycling	
8:20-9:05 am Group Cycling	9:00-10:00 am Zumba Gold	9:00-10:00 am Deep Water Exercise	9:00-10:00 am Zumba Gold	9:15-10:00 am Group Cycling	10:00-10:45 am Cardio Kickbox	
9:00-10:00 am Deep Water Exercise	9:00-10:00 am H2O Strength & Stretch	9:00-10:15 am Total Body Bootcamp	9:00-10:00 am H2O Strength & Stretch	<b>10:00-10:45 am Body Talk*</b>		
9:00-10:15 am Total Body Bootcamp	9:00-10:00 am Bootcamp 101	9:00-9:45 am Step	9:00-10:00 am Bootcamp 101	10:00-10:45 am Basic Balance		
9:00-9:45 am Core	9:00-9:45 am Silver Sneakers MSROM	9:00-9:45 am Core	9:00-9:45 am Silver Sneakers MSROM	10:30-11:00 am Cycle Lite Express		
9:00-9:50 am Cardio Funk	<b>9:15-10:00 am Beg Pilates/Yoga Fusion*</b>	<b>9:00-10:00 am Slow Flow Yoga*</b>	<b>9:15-10:00 am Beg Pilates/Yoga Fusion*</b>			
<b>9:00-10:00 am Slow Flow Yoga*</b>	10:00-10:45 am Cycle Lite	9:00-10:00 am Belly Fit & Fun	10:00-10:45 am Cycle Lite			
9:15-10:00 am Group Cycling	10:15-11:15 am Strength & Resistance	9:15-10:00 am Group Cycling	10:15-11:15 am Strength & Resistance			
10:00-11:00 am BOSU Cardio/Conditioning	10:30-11:00 am Kettlebells	10:00-11:00 am BOSU Cardio/Conditioning				
<b>10:00-11:00 am Power Vinyasa Yoga*</b>		<b>10:00-11:00 am Power Vinyasa Yoga*</b>				
		<b>10:00-10:45 am Body Talk*</b>				
		10:15-11:00 am Basic Balance				

**AFTERNOON &  
 EVENING CLASSES  
 (over)** →

\*BOLD = Paid class for all participants

Our Mission: To put Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NOON/AFTERNOON CLASSES</b>						
12:05-12:50 pm Step	<b>12:00-12:45 pm</b> <b>Body Talk*</b>	12:05-12:50 pm Group Cycling - Advanced		12:05-12:50 pm Group Cycling		
12:05-12:50 pm Group Cycling - Advanced		12:05-12:50 pm Total Cardio		12:05-12:50 pm Step		
		<b>1:00-1:45 pm</b> <b>Body Talk*</b>				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>EVENING CLASSES</b>						
4:00-4:45 pm Kettlebells	<b>4:00-5:00 pm</b> <b>Tween YogaFitness*</b>	4:20-5:05 pm Zumba	4:00-4:45 pm Kettlebells			
4:20-5:05 pm Zumba		4:30-5:15 pm Group Cycling	5:15-6:15 pm Cardio Kickbox	<b>4:00-5:00 pm</b> <b>Parent/Child Yoga Fitness*</b>		
5:15-6:15 pm Cardio Kickbox	5:15-6:15 pm Zumba	5:30-6:15 pm Group Cycling	4:30-5:15 pm Group Cycling			
5:30-6:15 pm Group Cycling	<b>5:30-6:15 pm</b> <b>Pilates 2*</b>	<b>5:30-6:30 pm</b> <b>Pregnant &amp; Fit*</b>	5:15-6:15 pm Zumba			
<b>5:30-6:30 pm</b> <b>Pregnant &amp; Fit*</b>	5:30-6:30 pm Total Body Bootcamp	6:30-7:30 pm RepReebok	5:30-6:30 pm Total Body Bootcamp			
6:30-7:30 pm RepReebok	6:00-6:45 pm Parent & Tween Cycling	6:30-7:15 pm Group Cycling	<b>5:30-6:15 pm</b> <b>Body Talk*</b>			
6:30-7:15 pm Group Cycling	6:30-7:30 pm Step	<b>7:45-8:45 pm</b> <b>Intro to Meditation*</b>	<b>5:30-6:15 pm</b> <b>Pilates 2*</b>			
7:30-8:15 pm Kettlebells	<b>6:30-7:15 pm</b> <b>Body Talk*</b>		6:00-6:45 pm Parent & Tween Cycling			
	<b>6:30-7:30 pm</b> <b>Hatha Yoga*</b>		<b>6:30-7:30 pm</b> <b>Hatha Yoga*</b>			
	7:00-7:45 pm Group Cycling		6:30-7:30 pm Step			
	8:35-9:25 pm H2O Fusion		7:00-7:45 pm Group Cycling			
			8:35-9:25 pm H2O Fusion			

\*BOLD = Paid class for all participants



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