

WINTER 2012 FITNESS SCHEDULE: Jan 9 - April 15, 2012

3/5/12

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 a.m.	DEEP WATER EXERCISE		DEEP WATER EXERCISE		DEEP WATER EXERCISE
	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING
5:15 a.m.	STRENGTH & RESISTANCE	STRENGTH & RESISTANCE	STRENGTH & RESISTANCE	STRENGTH & RESISTANCE	STRENGTH & RESISTANCE
	BOOT CAMP		BOOT CAMP		BOOT CAMP
6:00 a.m.	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING
	Beginning Yoga	Power Vinyasa Yoga	Beginning Yoga	Power Vinyasa Yoga	
	DEEP WATER EXERCISE		DEEP WATER EXERCISE		DEEP WATER EXERCISE
6:45 a.m.	Healthy Hearts		Healthy Hearts		Healthy Hearts
8:00 a.m.	H2O CHALLENGE	H2O STRENGTH & STRETCH	H2O CHALLENGE	H2O STRENGTH & STRETCH	DEEP WATER EXERCISE
8:15 a.m.		STRENGTH & RESISTANCE		STRENGTH & RESISTANCE	
			ZUMBA GOLD		
8:30 a.m.	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING
	Power Vinyasa Yoga	Power Vinyasa Yoga	Power Vinyasa Yoga	Power Vinyasa Yoga	Power Vinyasa Yoga
	SIMPLY FIT	ZUMBA	SIMPLY FIT	ZUMBA	SIMPLY FIT
	STRENGTH & RESISTANCE		STRENGTH & RESISTANCE		STRENGTH & RESISTANCE
9:00 a.m.	H2O EXERCISE	H2O EXERCISE	H2O EXERCISE	H2O EXERCISE	H2O EXERCISE
	SILVER SNEAKERS MSROM	CARDIO GOLD	ZUMBA GOLD	CARDIO GOLD	SILVER SNEAKERS MSROM
			Slow Flow Yoga		
	BOOT CAMP	DEEP WATER EXERCISE	BOOT CAMP	DEEP WATER EXERCISE	BOOT CAMP
9:30 a.m.		Strollerobics		Strollerobics	
9:35 a.m.	HOOP FITNESS		HOOP FITNESS		HOOP FITNESS
		CARDIO/STRENGTH FUSION		CARDIO/STRENGTH FUSION	
9:45 a.m.					
9:50 a.m.	Pilates I Exercise	Pilates I Exercise	Pilates I Exercise	Pilates I Exercise	Power Pilates
10:00 AM	SENIOR WATER EXERCISE	JOINT EFFORTS	SENIOR WATER EXERCISE	JOINT EFFORTS	JOINT EFFORTS
	SENIOR STRETCH		SENIOR STRETCH		
10:35 a.m.	SENIOR WATER EXERCISE		SENIOR WATER EXERCISE		
10:45 a.m.	Restorative Yoga		Restorative Yoga		
11:00 a.m.		SENIOR WATER EXERCISE		SENIOR WATER EXERCISE	
11:15 a.m.					SENIOR WATER EXERCISE
11:40 a.m.	Pilates Yoga Fusion		Pilates Yoga Fusion		
12:10 p.m.		BOOT CAMP		BOOT CAMP	BOOT CAMP
	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING *
		Pre Postnatal Aqua		Pre Postnatal Aqua	
12:15 p.m.		Power Vinyasa Yoga		Power Vinyasa Yoga	
2:30 p.m.	H2O EXERCISE		H2O EXERCISE		
3:45 p.m.		Children's Yoga		Children's Yoga	
		PUMP IT UP			
4:20 p.m.		Children's Yoga		Children's Yoga	
4:30 p.m.	Pregnant & Fit		Pregnant & Fit		
5:00 p.m.	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	CYCLING/CORE
	Hatha Yoga	Pilates I Exercise		Pilates I Exercise	
		CORE-STRENGTH-CORE		CORE-STRENGTH-CORE	
	HOOP FITNESS	ZUMBA	HOOP FITNESS	ZUMBA	
5:30 p.m.	STRENGTH & RESISTANCE		STRENGTH & RESISTANCE		
6:00 p.m.	GROUP CYCLING+	GROUP CYCLING		FAMILY CYCLING	
	CARDIO/STRENGTH FUSION		CARDIO/STRENGTH FUSION		
6:05 p.m.		CARDIO KICKBOX		CARDIO KICKBOX	
6:15 p.m.		Power Vinyasa Yoga		Power Vinyasa Yoga	
		DEEP WATER EXERCISE		DEEP WATER EXERCISE	
6:45 p.m.	CORE STRENGTH CORE		CORE STRENGTH CORE		
7:00 p.m.	GROUP CYCLING		GROUP CYCLING		
Saturday			Sunday		
6:00 a.m. GROUP CYCLING			2:00 p.m. GROUP CYCLING		
7:00 a.m. DEEP WATER EXERCISE					
8:00 a.m. GROUP CYCLING +					
8:00 a.m. H2O STRENGTH & STRETCH			Special		
8:00 a.m. ZUMBA					
9:00 a.m. Hatha Yoga					

KEY: BOLD & UPPER CASE: Fee: YMCA members – FREE (please register for ALL free classes) General Public – Refer to program brochure for fees
 Non-Bold: Fee: YMCA Members, General Public and Senior Program participants refer to program brochure for fees.