

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Group Exercise Schedule - Winter '10 (All classes are held in the gym unless otherwise noted)

| Monday  |  | Tuesday  |   | Wednesday   |  | Thursday   |   | Friday  |  | Saturday  |
|---|--|--|---|---|--|--|---|---|--|---|
|   |  |  | 6:30-7:15am<br>Spinning*<br>Ellen Simcik            | 6:00-6:50am<br>Gr Strength<br>Training<br>Joan Shields      |  |  | 6:30-7:15am<br>Spinning*<br>Ellen Simcik          | 6:00-6:30am<br>Grp Strength<br>Training<br>Joan Shields |  |   |
|   |  |  |   |   |  |  |   |   | 6:30-7:15am<br>Spinning*<br>Ellen Simcik             |   |
| 8:00-8:50am<br>Gentle<br>Aerobics<br>Deb Wilson                   |  |  |   | 8:00-8:50am<br>Gentle<br>Aerobics<br>Deb Wilson             |  |  |   | 8:00-8:50am<br>Gentle<br>Aerobics<br>Deb Wilson         |  | 8:00-8:45am<br>Spinning*<br>Kathy<br>Gismondi   |
| 9:00-9:50am<br>Cardio<br>Interval<br>Shari<br>Olszewski           | 9:00-9:45am<br>Spinning*<br>Amy<br>Hansmann          | 9:00-9:50am<br>Gr Strength<br>Training<br>Amy<br>Hansmann    | 9:00-9:45am<br>Spinning*<br>Shari<br>Olszewski      | 9:00-9:50am<br>Step Interval<br>Julie<br>Colcombe           | 9:00-9:50am<br>PraiseMoves<br>Mary Ann<br>Haslett      | 9:00-9:50am<br>Gr Strength<br>Training<br>Amy<br>Hansmann    | 9:00-9:45am<br>Spinning*<br>Kelly<br>McCaffrey    | 9:00-9:50am<br>Step Interval<br>Kelly<br>McCaffrey      | 9:00-9:45am<br>Spinning*<br>Julie/Amy                | 9:00-9:45am<br>Spinning*<br>Kelly<br>McCaffrey  |
| 10:00-<br>10:40am<br>Gr Strength<br>Training<br>Julie<br>Colcombe | 10:00-<br>10:30am<br>Sr. Spin*<br>Shari<br>Olszewski | 10:00-<br>10:40am<br>Pilates<br>Amy<br>Hansmann              | 10:00-<br>10:45am<br>Spinning*<br>Julie<br>Colcombe | 10:00-<br>10:40am<br>Cardio<br>Kickbox<br>Staff             | 10:00-<br>10:30am<br>Senior Spin*<br>Julie<br>Colcombe | 10:00-<br>10:40am<br>Butts and Guts<br>Kelly<br>McCaffrey    | 10:00-<br>10:45am<br>Spinning*<br>Amy<br>Hansmann | 10:00-<br>10:40am<br>Pilates<br>Julie/Amy               | 10:00-<br>10:45am<br>Spinning*<br>Kelly<br>McCaffrey | 9:00-9:50am<br>Gr Strength<br>Training<br>Staff |
| 12:15-<br>12:45pm<br>Silver Strut                                 |  |  |   |   |  |  |   | 12:15-<br>12:45pm<br>Silver Strut                       |  |   |
| 12:45-1:30pm<br>SS-Yoga<br>Stretch<br>Kim<br>Berkowitz            |  | 12:45-1:30pm<br>SS II- Cardio<br>Circuit<br>Kim<br>Berkowitz |   | 12:45-1:30pm<br>SS I- MSR0M<br>Kim<br>Berkowitz             |  | 12:45-1:30pm<br>SS II- Cardio<br>Circuit<br>Kim<br>Berkowitz |   | 12:45-1:30pm<br>SSI- MSR0M<br>Cindy Bird                |  |   |
|   |  |  |   |   |  |  |   |   |  |   |
| 6:15-7:05pm<br>Boot Camp<br>Courtney<br>Rawl                      | 6:15-7:00pm<br>Spinning*<br>Kathy<br>Gismondi        |  | 6:15-7:00pm<br>Spinning*<br>Kelly<br>McCaffrey      | 6:15-7:05pm<br>Step Interval<br>Kelly<br>McCaffrey          | 6:15-7:00pm<br>Spinning*<br>Kathy<br>Gismondi          | 6:15-<br>7:05 pm<br>Fam Zumba#<br>Deb Wilson                 | 6:15-7:00pm<br>Spinning*<br>Julie<br>Colcombe     |   |  |   |
| 7:15-8:05pm<br>Gr Strength<br>Training<br>Kathy<br>Gismondi       |  | 7:15-8:30pm<br>Hatha Yoga<br>Shauna Frantz                   |   | 7:15-8:05pm<br>Gr Strength<br>Training<br>Kathy<br>Gismondi |  | 7:15-8:05pm<br>Pilates<br>Julie<br>Colcombe                  |   |   |  |   |

\* Classes located in *The Studio*

# Family Classes require Adult Member to accompany child