



Downtown YMCA Group Exercise Schedule WINTER 2010

VALID
12/1/09-
2/28/10

	MON	TUES	WED	THURS	FRI	SAT	SUN
6 AM	6:15- 7:00 WAKE UP AND RIDE (S)	6:30- 7:15 CLEAR THE MIND YOGA (M)	6:15- 7:00 MORNING RIDE (S)	6:30- 7:15 AM YOGA (M)	6:15- 7:00 THE MORNING RIDE (S)		
8 AM		8:45- 9:30 SILVER SNEAKERS I (G)	8:30- 9:30 AQUA AEROBICS (P)	8:45- 9:30 SILVER SNEAKERS I (G)			
			8:45- 9:30 ACTIVE ADULT BODY CONDITIONING (G)				
9 AM	9:30- 10:15 ACTIVE ADULTS (G)	9:30- 10:15 SILVER SNEAKERS II (G)	9:30- 10:30 YOGA STRETCH (M)	9:30- 10:15 SILVER SNEAKERS II (G)	9:15- 10:15 ZUMBA GOLD (G)		
10 AM		10:00- 10:45 AQUACIZE (P)				10:00- 11:00 SPIN (S)	
11 AM	11:00- 12:00 WATER AEROBICS (P)	11:45- 12:00 EXPRESS ABS (G)	11:45- 12:00 EXPRESS LOWER (G)	11:45- 12:00 EXPRESS ABS (G)	11:00- 12:00 WATER AEROBICS (P)		11:00- 12:00 SPIN (S)
	11:45- 12:00 EXPRESS UPPER (G)				11:45- 12:00 EXPRESS UPPER (G)		
12 PM	12:00- 12:45 LUNCH TIME RIDE (S)	12:00- 12:45 LUNCH TIME RIDE (S)	12:00- 12:45 INTRODUCTION TO YOGA (M)	12:00- 12:45 LUNCH TIME RIDE (S)	12:00- 12:45 LUNCH TIME RIDE (S)		12:00- 12:45 FLOW YOGA (G)
	12:00- 12:45 ZUMBA (G)		12:00- 1:00 CARDIO COMBO (G)	12:00- 12:45 YOGA (G)	12:00- 12:45 PILATES (M)		
4 PM	4:45- 5:00 EXPRESS LOWER (G)	4:45- 5:00 EXPRESS UPPER (G)	4:45- 5:00 EXPRESS ABS (G)	4:45- 5:00 EXPRESS LOWER (G)	5:30- 7:00 SPIN/BOOT CAMP CHALLENGE (S)		
5 PM	5:30- 7:00 THE LONG RIDE (S)	5:30- 6:15 QUICK SPIN (S)	5:15- 6:00 QUICK SPIN (S)	5:30- 6:00 BEGIN TO SPIN (S)	Studio Key: (G) – Group Exercise Studio (M) – Spirit, Mind, & Body (S) – Spinning Studio (P) – Pool		
	5:30- 6:15 POWER YOGA (M)			5:30- 6:30 FAT BURNING PILATES (M)			
6 PM	6:15- 7:00 50/50 STEP AND SCULPT (G)	6:00- 6:45 YOGA (BOARD ROOM)		6:00- 7:00 HIGHMARK WATER AEROBICS (P)	Class Levels: All classes are taught on a 3 tiered system. All fitness levels are welcome!		
				6:15- 6:45 POWER SPIN (S)			

Classes are subject to change without notice.

Please direct all questions to Michelle R. Salo, District Group Exercise Director, by calling 412-227-3827 or emailing msalo@ymcapgh.org.