



GROUP EXERCISE FITNESS CLASS SCHEDULE

NORTH AREA FAMILY YMCA

Schedule and Instructor are subject to change session to session

2017

March 6—April 30

	Time	Class	Instructor	Intensity	Studio	Length
MONDAY	6am	Indoor Bootcamp	Marguerite	Med/High	Gym B	45min
	8:30am	AOA Strength & Cardio	Rosie	Low/Med	Group	45min
	9:15am	Awesome Abs	Rosie	All Levels	Group	15min
	9:30am	Y Box	Laura/Sarah	Med/High	Group	60min
	10:30am	Pilates	Dixie	Low/Med	Group	60min
	11:30am	Zumba Gold	Gina	All Levels	Group	60min
	4:30pm	Total Body Strength & Conditioning	Val	All Levels	Group	60min
	5:30pm	Les Mills Body Combat	Laura	Med/High	Group	60min
	6:30pm	Zumba	Kelly/Marcela	All Levels	Group	60mn
7:30pm	Yoga	Joan	All Levels	Group	60min	
TUESDAY	6am	Total Body Strength & Conditioning	Mickey	All Levels	Group	45min
	8am	Tai Chi	Ralph	Low	Group	60min
	9am	Healthy Back	Rosie	Low	MPR	60min
	9:15am	Awesome Abs	Marguerite	All Levels	Group	15min
	9:30am	Total Body Strength & Conditioning	Marguerite	All Levels	Group	60min
	10:30am	Yoga	Dixie	Low	Group	60min
	11:45am	AOA Yoga	Dixie	Low	Group	60min
	4:30pm	Cardio Endurance	Laura	Med/High	Group	60min
	5:30pm	Gentle Yoga	Kelly	Low	Group	60min
	6:30pm	Cardio Y-Box	Lisa/Sarah	Med	Group	60min
7:30pm	Zumba	Jen I	All Levels	Group	60min	
WEDNESDAY	5:45am	Les Mills Body Combat (NEW TIME)	Nicole	Med/High	Group	60min
	8:30am	AOA Flex & Balance	Dixie	Low	Group	45min
	9:15am	Awesome Abs	Laura	All Levels	Group	15min
	9:30am	Les Mills Body Combat	Laura	Med/High	Group	60min
	10:30am	Gentle Yoga	Kelly	Low	Group	60min
	11:30am	Zumba Gold-Toning	Gina	All Levels	Group	60min
	4:30pm	Total Body Strength & Conditioning	Deb S	All Levels	Group	60min
	5:30pm	Zumba	Kelly	All Levels	Group	60min
6:30pm	Barre Body	Sue/Shannon	All Levels	Group	60min	
THURSDAY	6am	Total Body Strength & Conditioning	Marguerite	All Levels	Group	45min
	8:30am	Healthy Back	Rosie	Low	MPR	60min
	9:15am	Awesome Abs	Sue	All Levels	Group	15min
	9:30am	Total Body Strength & Conditioning	Sue	All Levels	Group	60min

	Time	Class	Instructor	Intensity	Studio	Length
THURSDAY	10:30am	AOA Classic	Dixie	Low	Group	60min
	11:30am	Tai Chi	Jim	Low	Group	60min
	4:30pm	Les Mills Body Combat	Kathy	Med/High	Group	60min
	5:30pm	Boot Camp	Laura	Med/High	Group	60min
	6:30pm	Zumba	Kayla	All Levels	Group	60min
	7:30pm	Yoga	Denise	Med	Group	60min
FRIDAY	8:30am	AOA Cardio & Strength	Dixie	Low	Group	45min
	9:15am	Awesome Abs	Sue/Shannon	All Levels	Group	15min
	9:30am	Barre Body	Sue/Shannon	All Levels	Group	60min
	10:30am	Yoga	Joan	Low/Med	Group	60min
SATURDAY	8:30am	Total Body Strength & Conditioning	Sarah	All Levels	Group	60min
	9:30am	Zumba (3/11, 3/25, 4/8, 4/22)	Jennifer B	All Levels	Group	60min
	9:30am	Y Box (3/18, 4/1, 4/15, 4/29)	Laura/Lisa	Med/High	Group	60min
	10:30am	Yoga	Various	All Levels	Group	60min
SUNDAY	8:15am	Cycle & Strength	Kathy K /Deb S	All Levels	Cycle/ Group	60min
	9:15am	Barre Body	Naiela/Heidi	All Levels	Group	60min

"OPEN FOR WALKERS"

Every Monday, Wednesday and Friday the gym will be open for walkers from 7:30-8:30 am

Did you know? 10 laps around the gym = 1/2 mile!

Saturday Yoga Instructors

3/11 Bridget	3/18 Shauna
3/25 Shauna	4/1 Bridget
4/8 Bridget	4/15 Kelly P
4/22 Bridget	4/29 Bridget



Monday	Class	Instructor	Intensity	Studio	Length
6:00 am	Cycle	Jeff	All Levels	Cycle	45 min
9:30 am	Cycle	Mary S	All Levels	Cycle	60 min
5:45pm	Les Mills RPM	Valerie	All Levels	Cycle	45 min
Tuesday	Class	Instructor	Intensity	Studio	Length
5:45 am	Cycle	George	All Levels	Cycle	45 min
8:50 am	Les Mills RPM express	Sue R	Med/High	Cycle	30 min
Wednesday	Class	Instructor	Intensity	Studio	Length
6:00 am	Cycle	Mickey	All Levels	Cycle	45 min
6:30 PM	Cycle	George	All levels	Cycle	60 min
Friday	Class	Instructor	Intensity	Studio	
6:00 am	Cycle	George	All Levels	Cycle	45 min
9:30 am	Cycle	Laura	All Levels	Cycle	60 min
Saturday	Class	Instructor	Intensity	Studio	
7:15 am	Cycle	George	All Levels	Cycle	60 min
9:30 am	Cycle	Patty	All Levels	Cycle	60 min
Sunday	Class	Instructor	Intensity	Studio	
815am	Cycle & Strength	Kathy K/ Deb S	All Levels	Cycle/ Group	60 min