



# GROUP EXERCISE FITNESS CLASS SCHEDULE

NORTH AREA FAMILY YMCA

March 5 — April 29 (revised 3/16)

	Time	Class	Instructor	Intensity	Studio	Length
MONDAY	8:30am	Active Movers	Rosie	Low/Med	Group	45min
	9:15am	Awesome Abs	Rosie	All Levels	Group	15min
	9:30am	Cardio Kickboxing	Laura	Med/High	Group	60min
	10:30am	Pilates	Dixie	Low/Med	Group	60min
	11:30am	Zumba Gold	Suzanne	All Levels	Group	60min
	4:30pm	Total Body Strength	Val	All Levels	Group	60min
	5:30pm	Les Mills Body Combat	Laura	Med/High	Group	60min
	6:30pm	Zumba	Kelly/Marcela	All Levels	Group	60min
	7:30pm	Vinyasa Yoga	Joan	All Levels	Group	60min
TUESDAY	6am	Total Body Strength	Mickey	All Levels	Group	45min
	8am	Tai Chi	Jim	Low	Group	60min
	8:30am	Healthy Back	Rosie	Low	MPR	60min
	9:15am	Awesome Abs	Marguerite	All Levels	Group	15min
	9:30am	Total Body Strength	Marguerite	All Levels	Group	60min
	10:30am	Vinyasa Yoga	Dixie	Low	Group	60min
	11:45am	Chair 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 Kickboxing	Lisa/Meryl	Med	Group	60min
WEDNESDAY	5:45am	Cardio H.I.I.T	Kate	Med/High	Group	60min
	8:30am	AOA Flex & Balance	Dixie	Low	Group	45min
	9:30am	Les Mills Body Combat	Laura	Med/High	Group	60min
	10:30am	Gentle Yoga	Kelly	Low	Group	60min
	11:30am	Zumba Gold-Toning	Kim B	All Levels	Group	60min
	4:30pm	Total Body Strength	Angela	All Levels	Group	60min
	5:30pm	Zumba	Kelly	All Levels	Group	60min
	6:30pm	Barre	Sue/Shannon	All Levels	Group	60min
	7:30pm	6 weeks Restorative Yoga (3/21, 3/28, 4/4, 4/11, 4/18, 4/25)	Sybil	Low	Group	60min
THURSDAY	6am	Total Body Strength	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	Sue	All Levels	Group	60min
	10:30am	Focus on Fitness	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	Shonna	All Levels	Group	60min
	7:30pm	Yoga	Denise	Med	Group	60min

	Time	Class	Instructor	Intensity	Studio	Length
FRIDAY	8:30am	Active Movers	Dixie	Low	Group	45min
	9:15am	Awesome Abs	Sue/Shannon	All Levels	Group	15min
	9:30am	Barre	Sue/Shannon	All Levels	Group	60min
	10:30am	Vinyasa Yoga	Joan	Low/Med	Group	60min
	11:30am	Zumba Gold	Shonna	Low/Med	Group	60min
SATURDAY	8:30am	Total Body Strength <b>NO CLASS 4/7</b>	Kathy K	All Levels	Group	60min
	9:30am	Zumba (3/17, 3/31, 4/14, 4/28)	Kim B	All Levels	Group	60min
	9:30am	Cardio Kickboxing <b>NO CLASS 4/7</b> (3/10, 3/24, 4/21)	Laura/Lisa	Med/High	Group	60min
	10:30am	Vinyasa Yoga <b>NO CLASS 4/7</b>	Various	All Levels	Group	60min
SUNDAY	8:15am	Spin & Strength <b>NO CLASS 4/8</b>	Kathy K /Eileen	All Levels	Cycle/ Group	60min
	9:30am	Barre <b>NO CLASS 4/8</b>	Heidi/Sue	All Levels	Group	60min

#### YOUTH CLASSES

**TUESDAYS:** Kids Dance Party  
**Wednesday:** Mini Movers (3/7-4/11)  
**FRIDAYS:** Mommy & Me 2

See youth schedule for days/times

#### "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

3/10 DEB D      3/17 TBA  
 3/24 BRIDGET    3/31 SAMANTHA  
 4/7 No Class     4/14 BRIDGET  
 4/21 BRIDGET    4/28 SAMANTHA



Monday	Class	Instructor	Intensity	Studio	Length
6:00 am	Cycle	Jeff	All Levels	Cycle	45 min
9:00 am	Cycle (New Time)	Marguerite	All Levels	Cycle	60 min
Tuesday	Class	Instructor	Intensity	Studio	Length
5:45 am	Cycle	George	All Levels	Cycle	45 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	Spin & Strength	Kathy K/ Eileen	All Levels	Cycle/ Group	60 min