

# Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

## August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5-6:00am - 1 Early Bird</b> Stacey	<b>5-5:55am - 1 Group Pump</b> Stacey	<b>5-6:00am - 1 Early Bird</b> Stacey		<b>8:00am – 2 Yoga</b> 8/7 Andy 8/14 Lisa 8/21 Christy 8/28 Lisa	<b>3:00-4:00pm 20/20/20</b> 8/1 Jill 8/8 Alison 8/15 Andy 8/22 Jill 8/29 Allison
<b>6-7:00am – 1 Cardio Push/Pull Circuit</b> Lori		<b>6-7:00am – 1 Cardio Sculpt</b> Julie Eder	<b>6:00-7:15am- AR Vinyasa Yoga</b> Andy	<b>6-7:00am - 1 Cardio Push/Pull Circuit</b> Lori		
<b>8:00-8:45am -2 Group Pump</b> Christy					<b>8:30-9:30am – 1 Cardio Fusion</b> 8/7 Carmen 8/14 Christy 8/21 Carmen 8/28 Christy	<b>4:30pm -2 Yoga</b> 8/1 Donna 8/8 Jean 8/15 Jean 8/22 Jean 8/29 Donna
<b>8:15-9:15am – 1 Step n' Sculpt</b> Kristi	<b>8:15-9:15am- 1 Cardio Sculpt</b> Felix	<b>8:15-9:15am – 1 *Zumba – sign up at front desk</b> Roz (40 limit)	<b>8:15-9:15am – 1 Cardio Fusion</b> Christy	<b>8:15-9:15am – 1 Interval/Circuit</b> Sherri	<b>8:45am Cycle</b> 8/7 Beth 8/14 Robyn 8/21 Dawn 8/28 Roz	
<b>8:15am Cycle</b> Roz	<b>9:00am – AR Yoga II</b> Lisa	<b>8:15am Cycle</b> Dawn	<b>9:00am – AR Yoga II</b> Lisa	<b>8:15am Cycle</b> Robyn G.	<b>9:30-10:30am -2 Group Pump</b> 8/7 Kim B. 8/14 Christine 8/21 Felix 8/28 Felix	
<b>9:00am – 2 Fit For Life</b> Christy	<b>9:00am – 2 *Zumba Gold</b> Roz (25 limit)	<b>9:00am – 2 SilverSneakers® Cardio Circuit</b> Felix	<b>9:00am – 2 Fit For Life</b> Julie Eudy	<b>9:00am – 2 SilverSneakers® Cardio Circuit</b> Felix	<b>9:30-10:30am -1 *Zumba – sign up at front desk</b> Jennifer (40 limit)	
<b>9:30-10:30am – 1 20/20/20</b> Jennifer	<b>9:30-10:30am – 1 Group Pump</b> Linda	<b>9:30-10:30am – 1 Cardio Fusion</b> Lindsey	<b>9:30-10:30am – 1 Group Pump</b> Andy/Lindsey	<b>9:30-10:30am – 1 *Zumba – sign up at front desk</b> Jennifer (40 limit)	<b>9:30am - AR Yoga I</b> Andy	
<b>9:30am – AR Yoga I</b> Andy	<b>10:15am – 2 SilverSneakers® I</b> Julie Eudy	<b>9:30am-AR Yogalates</b> Christy B.	<b>10:15am – 2 SilverSneakers® I</b> Nan	<b>9:30am - AR Yoga I</b> Andy	<b>9:45-10:45am 1 *Zumba - sign up at front desk (limit 40)</b> 8/7 Roz 8/14 Jennifer 8/21 NO CLASS 8/28 Robyn	
<b>10:45am – 2 Supported Yoga</b> Lisa/Julie Eudy	<b>10:15-11am – AR Pilates Intermediate</b> Lisa	<b>10:30-11:30am Gentle Yoga</b> Andy	<b>10:15-11am -AR Pilates Intermediate</b> Lisa			
<b>10:40-11:40am-1 *Zumba –sign up at front desk</b> Robyn(40 limit)	<b>4:00 – 4:45pm – 2 Jr. Healthy Kids</b> Katy/Renee	<b>4:00 – 4:45pm – 2 Healthy Kids</b> Becky				
<b>4:15–5:00pm – CR Healthy Kids</b> Becky	<b>4:30-5:25pm-1 Step n' Sculpt</b> Christy	<b>4:30-5:25pm-1 Cardio Fusion</b> Andy	<b>4:30-5:25pm-1 Butt-n-Gutt</b> Carmen	<b>4:30-5:25pm-1 Group Pump</b> Christine		
<b>4:30-5:30pm -1 Interval/Circuit</b> Sherri	<b>5:30-6:25pm-1 Just-A-Minute</b> Christine	<b>5:30-6:25pm-1 *Zumba –sign up at front desk</b> Jennifer (40 limit)	<b>5:30-6:25pm-1 Cardio Fusion</b> Caroline/Kim T.	<b>5:30-6:25pm-1 TGIF</b> Tommy/Gordon		
<b>4:25-5:25pm -2 *Zumba –sign up at front desk</b> Lauren (25 limit)	<b>5:30-6:30pm-2 Step II</b> Caroline	<b>5:30-6:30pm – 2 20/20/20</b> Robin		<b>*Zumba class is a first come first serve – sign up at front desk. Class limited to first 40. Sign ups begin 30 minutes prior. Studio 2 class has limit of 25.</b>		
<b>5:30-6:30pm-2 Group Pump</b> Debbie B.	<b>6:00-7:00pm Cycle</b> Tommy	<b>6:00-7:00pm – AR Yoga I</b> Christy B.	<b>6:00-7:00pm Cycle</b> Jennifer			
<b>5:30-6:30pm Cycle</b> Robyn G.	<b>6:30-7:30pm-1 *Zumba –sign up at front desk</b> Kristi (40 limit)	<b>6:30-7:30pm-1 Cardio Sculpt</b> Gordon	<b>6:30-7:30pm-1 Interval Training</b> Emily			
<b>5:30-6:30pm – AR Power Yoga</b> Elizabeth/Donna		<b>7:00pm Running</b> Arden				
<b>6:00-7:00pm-1 Cardio Sculpt</b> Tommy						
<b>7:00pm Running</b> Arden						

**JOIN US  
FOR A  
ZUMBATHON**  
Saturday,  
August 21<sup>st</sup>  
from  
1000a.m.  
until noon.  
Help support  
the AAYMCA  
Westside  
Preschool  
Program

### The Peoples Bank Midnight Flight September 3, 2010

**1 Mile – 9:15pm  
5K – 10:00pm  
10K – 11:00pm**

*Pre-Registration ends 8/29/10  
Late Registration ends 9/02/10  
Packet Pick-up and Day of Race  
Registration starts at  
12 Noon 9/03/10*



Anderson Area YMCA  
[www.andersonareaymca.org](http://www.andersonareaymca.org)  
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