

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Cycle Roz	5-6:00am - 1 Early Bird Stacey	5-5:55am - 1 Group Pump Stacey	5-6:00am - 1 Early Bird Stacey		8:00am – 2 Yoga 7/3 Lisa 7/10 Andy 7/17 Christy 7/24 Lisa 7/31 Christy	3:00-4:00pm 20/20/20 7/4 NO CLASS 7/11 Jill 7/18 Andy 7/25 Alison
6-7:00am – 1 Cardio Push/Pull Circuit Lori		6-7:00am – 1 Cardio Sculpt Julie Eder	6:00-7:15am- AR Vinyasa Yoga Andy	6-7:00am - 1 Cardio Push/Pull Circuit Lori	8:30-9:30am – 1 Cardio Fusion 7/3 Christy 7/10 Jill 7/17 Carmen 7/24 Emily 7/31 Carmen	4:30pm -2 Yoga 7/4 NO CLASS 7/11 Jean 7/18 Jean 7/25 Donna
8:00-8:45am -2 Group Pump Christy					8:45am Cycle 7/3 Roz 7/10 Dawn 7/17 Robyn 7/24 Beth 7/31 Tommy	*Zumba Gold- CLASS ON Tuesday, July 20th will be Latin Dance for Seniors
8:15-9:15am – 1 Cardio Sculpt Felix	8:15-9:15am- 1 *Zumba – sign up at front desk Kristi (40 limit)	8:15-9:15am – 1 X-Training Emily	8:15-9:15am – 1 Step II Christy	8:15-9:15am – 1 Interval/Circuit Sherri	9:30-10:30am -2 Group Pump 7/3 Christine 7/10 Felix 7/17 Andy 7/24 Felix 7/31 Jill	
8:30am Cycle Dawn	9:00am – AR Yoga II Lisa	8:15am Cycle Roz	9:00am – AR Yoga II Lisa	8:15am Cycle Robyn G.	9:30-10:30am -2 *Zumba – sign up at front desk Jennifer (40 limit)	
9:00am – 2 Fit For Life Christy	9:00am – 2 *Zumba Gold-see note to side Roz (25 limit)	9:00am – 2 SilverSneakers® Cardio Circuit Felix	9:00am – 2 Fit For Life Nan/Renee	9:00am – 2 SilverSneakers® Cardio Circuit Felix	9:45-10:45am 1 *Zumba - sign up at front desk (limit 40) 7/3 Robyn 7/10 Roz 7/17 Roz 7/24 Robyn 7/31 Lauren	
9:30-10:30am – 1 20/20/20 Jennifer	9:30-10:30am – 1 Group Pump Linda	9:30-10:30am – 1 Cardio Fusion Andy/Kristi	9:30-10:30am – 1 Group Pump Andy/Lindsey	9:30-10:30am – 1 *Zumba – sign up at front desk Jennifer (40 limit)		
9:30am – AR Yoga I Andy	10:15am – 2 SilverSneakers® I Julie Eudy	9:30am-AR Yogalates Christy B.	10:15am – 2 SilverSneakers® I Nan/Renee	9:30am - AR Yoga I Andy		
10:45am – 2 Supported Yoga Lisa	10:15-11am – AR Pilates Intermediate Lisa	10:30-11:30am Gentle Yoga Andy	10:15-11am –AR Pilates Intermediate Lisa			
10:40-11:40am-1 *Zumba –sign up at front desk Robyn(40 limit)	4:00 – 4:45pm – 2 Jr. Healthy Kids Katy/Renee	4:00 – 4:45pm – 2 Healthy Kids Becky/Lori				
4:15–5:00pm – CR Healthy Kids Becky/Lori	4:30-5:25pm-1 Step II Christy	4:30-5:25pm-1 Cardio Fusion Sherri	4:30-5:25pm-1 Butt-n-Gutt Carmen	4:30-5:25pm-1 Group Pump Christine	 <p>We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the pursuit of Happiness. The Declaration of Independence July 4, 1776</p>	
4:30-5:30pm -1 Interval/Circuit Sherri	5:30-6:25pm-1 Just-A-Minute Christine	5:30-6:25pm-1 *Zumba –sign up at front desk Jennifer/Roz (40 limit)	5:30-6:25pm-1 X-Training Caroline/Kim T.	5:30-6:25pm-1 TGIF Tommy/Gordon		
4:30-5:25pm -2 *Zumba –sign up at front desk Lauren (25 limit)	5:30-6:30pm-2 Butt-n-Gutt Caroline	5:30-6:30pm – 2 20/20/20 Robin		*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.		
5:30-6:30pm-2 Group Pump Debbie B./Kim B.	6:00-7:00pm Cycle Tommy	6:00-7:00pm – AR Yoga I Christy B.	6:00-7:00pm Cycle Jennifer			
5:30-6:30pm Cycle Robyn G.	6:30-7:30pm-1 Group Pump Felix	6:30-7:30pm-1 Cardio Sculpt Gordon	6:30-7:30pm-1 *Zumba –sign up at front desk Kristi (40 limit)			
5:30-6:30pm – AR Power Yoga Elizabeth/Donna		7:00pm Running Arden				
6:00-7:00pm-1 Cardio Sculpt Tommy						
7:00pm Running Arden				THE YMCA WILL BE CLOSED ON SUNDAY, JULY 4TH		

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.



 Anderson Area YMCA
www.andersonareaymca.org
864-716-6261