



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Cowart Family Ashford Dunwoody YMCA
770-451-9622 www.ymcapass.com

Group Exercise Schedule

February 2012

<u>MON</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
	5:45-6:45AM	Group Cycle	Jim 6, 13, 27 Karen 20	North Aerobics Room
	8:00-8:50	*Hoops & Abs	Suzi	North Aerobics Room
	8:30-9:25	Boot Camp	Teri	South Aerobics Room
	9:00-9:55	Group Cycle	Stacey	North Aerobics Room
	9:00-10:00	*Shallow Water	Martin 6 Luz 13, 20, 27	Pool
	9:30-10:25	Body Sculpt (number required)	Melody	South Aerobics Room
	10:00-10:15	*Abs/Upper Body	Stacey	North Aerobics Room
	10:30-11:20	*Senior Stretch & Tone	Sandy	North Aerobics Room
	10:30-11:45	*Yoga (Beginner to Intermediate)	Cherri	South Aerobics Room
	11:30-12:30PM	*Easy Does It Water Aerobics	Linda	Pool
	12:00-12:55	*Arthritis Foundation SunTai Chi	Claire	South Aerobics Room
	5:30-6:25	Cardio Kickbox	Katie	South Aerobics Room
	5:30-6:00	*Introduction to Yoga (Beginner)	Norma	North Aerobics Room
	6:00-6:25	*Abdominal Express	Alison	North Aerobics Room
	6:30-7:25	Group Cycle (number required)	Alison 6, 13, 27 Davina 20	North Aerobics Room
	6:30-7:25	*Shallow Water	Bridget	Pool
	6:30-7:25	*willPower & Grace	Megan <i>Cancelled for Feb</i>	South Aerobics Room
	6:30-7:25	Body Sculpt	Hillary 6, 20 Laura 13, 27 <i>New Time!!</i>	South Aerobics Room
	7:30-8:25	Dance 'n Stretch	Claire <i>New Class added!</i>	South Aerobics Room
TUES				
	5:45-6:45AM	Group Cycle	Leigh	North Aerobics Room
	5:45-6:45	*Body Sculpt	Miki	South Aerobics Room
	8:00-8:55	Pilates (Intermediate)	Suzi	South Aerobics Room
	9:00-9:30	*Introduction to Group Cycle	Davina/Stacey	North Aerobics Room
	9:00-9:55	*Cardio Kickbox	Katie	South Aerobics Room
	9:00-10:00	*Shallow Water	Luz 7, 21 Martin 14, 28	Pool
	9:30-10:00	*Introduction to Body Sculpt	Davina/Stacey	North Aerobics Room
	10:00-10:55	*ZUMBA	Marquetta	South Aerobics Room
	11:00-11:55	Body Sculpt	Davina	South Aerobics Room
	12:15-1:15PM	*Tai Chi (Yang Style)	Debbie	South Aerobics Room
	12:15-1:15	Group Cycle	Abby	North Aerobics Room
	4:45-5:45	*Yoga (Beginner)	Norma	South Aerobics Room
	6:00-6:55	Group Cycle	Amy 7, 14, 28 Alison 21	North Aerobics Room
	6:00-6:55	*ZUMBA!	Enhicis	South Aerobics Room
	7:00-7:55	Pilates	Heather	North Aerobics Room
	7:00-7:55	*Hip Hop Hustle	Marcie	South Aerobics Room
	8:00-8:55	*FitnessYoga	Izumi	South Aerobics Room
WED				
	5:45-6:45AM	Group Cycle	Karen	North Aerobics Room
	8:30-9:25	Boot Camp	Teri	South Aerobics Room
	9:00-9:55	*Group Cycle	Stacey	North Aerobics Room
	9:00-10:00	*AquaZUMBA!	Joie	Pool
	9:30-10:25	Body Sculpt (number required)	Melody	South Aerobics Room
	10:00-10:15	*Abs/Upper Body	Stacey	North Aerobics Room

10:30-11:15	Senior Strength	Linda	Multi-Purpose Room
10:30-11:25	*Pilates	Heather	North Aerobics Room
10:35-11:25	*ZUMBA!	Ingrid	South Aerobics Room
11:30-12:25	*Easy Does It Water Aerobics	Linda	Pool
11:30-12:45	Yoga (Intermediate Vinyasa)	Cherri	South Aerobics Room
5:00-5:55	CorePole	Megan	South Aerobics Room
6:00-6:55	*Fitness Fusion	Heather	South Aerobics Room
6:30-7:25	*Deep Water	Bridget	Pool
6:30-7:25	Group Cycle	Victoria	North Aerobics Room
7:00-8:00	Boot Camp	Leigh	South Aerobics Room

THURS

5:45-6:45AM	Group Cycle	Richard	North Aerobics Room
5:45-6:45	*Body Sculpt	Davina 2 Miki 9, 16, 23	South Aerobics Room
8:30-9:25	Interval Training	Teri	South Aerobics Room
9:00-10:00	*Shallow Water	Sarah 2, 9 Luz 16, 23	Pool
9:30-10:25	ZUMBA!	Jae	South Aerobics Room
10:30-11:25	TurboKick	Hillary	South Aerobics Room
11:00-11:55	PreNatal Yoga	Cherri	North Aerobics Room
11:30-12:40PM	Core & More	Stacey	South Aerobics Room
12:15-1:15	Group Cycle Heart Rate Monitor	Abby	North Aerobics Room
12:45-1:45	*Tai Chi (Yang Style)	Matt	South Aerobics Room
5:30-6:25	Pilates	Suzi	South Aerobics Room
6:30-7:00	*Intro to Pilates (Beginner)	Suzi	North Aerobics Room
6:30-7:25	*ZUMBA!	Star	South Aerobics Room
7:30-8:25	*Fitness Yoga	Abby	South Aerobics Room

FRI

5:45-6:45AM	Group Cycle	Richard	North Aerobics Room
8:15-9:15	Pilates	Heather No class on 2/10	South Aerobics Room
9:00-9:55	Group Cycle	Davina	North Aerobics Room
9:30-10:25	*Body Sculpt	Izumi No class on 2/10	South Aerobics Room
10:00-10:15	*Abs/Upper Body	Davina	North Aerobics Room
10:30-11:20	*Senior Stretch & Tone	Sandy	North Aerobics Room
10:30-11:45	*Gentle Yoga	Cherri No class on 2/10	South Aerobics Room
11:30-12:30PM	*Easy Does It Water Aerobics	Franke	Pool
12:00-1:00	*Arthritis Foundation SunTai Chi	Linda 3, 17 Cherri 24 No class on 2/10	South Aerobics Room

SAT

8:30-9:25AM	Group Cycle	Helen 4, 18, 25 Kerry 11 in Teen Ctr 2/11	North Aerobics Room
8:30-9:25	Step	Kerry 4 Nina 18 John 25 No class on 2/11	South Aerobics Room
9:30-10:25	Body Sculpt	Miki 4 Nina 18 John 25 No class on 2/11	South Aerobics Room
10:00-10:55	Group Cycle	Victoria 4, 18 Natalie 11, 25 in Teen Ctr 2/11	North Aerobics Room
10:30-11:25	Cardio Kickbox	Izumi No class on 2/11	South Aerobics Room
11:30-12:25PM	*Dance 'n Stretch	Claire No class on 2/11	South Aerobics Room
12:30-2:00	Yoga (Intermediate)	Norma No class on 2/11	South Aerobics Room

SUN

9:30-10:25AM	Group Cycle	Abby in Teen Center 2/12	North Aerobics Room
12:30-1:25PM	*ZUMBA!	Jae 5, 12, 26 Ingrid 19	South Aerobics Room
1:00-2:00	*Deep Water	Franke	Pool
1:30-2:25	TurboKick	Tracy 5 Ingrid 12, 19, 26	South Aerobics Room
2:30-3:25	Body Sculpt	Laura	South Aerobics Room
4:00-4:55	Group Cycle	Richard No class on 2/12	North Aerobics Room
4:00-5:30	Yoga (Intermediate)	Susan	South Aerobics Room