

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Cowart Family/ Ashford Dunwoody YMCA

cay.ymcaatlanta.org

770-451-9622

Special Schedule

9/10-9/17/2010

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
MON.	6:00-7:00AM	Group Cycle	Jim	North
	8:30-9:25	Boot Camp	Teri	North Gym
	9:00-10:00	★Shallow Water	Luz	Pool
	9:00-10:00	★Group Cycle	Stacey	North
	9:30-10:25	Body Resistance	Melody Different Format	North Gym
	10:00-10:15	★ Abs/Upper Body	Stacey	North
	10:30-11:20	★Senior Stretch and Tone	Sandy	North
	10:30-11:45	Beginner/Intermediate Yoga	Cherri	Multi Purpose
	11:30-12:30PM	★Easy Does It	Linda	Pool
	5:30-6:25	Cardio-Kickbox	Katie	Multi Purpose
	6:00-6:25	★Abdominal Express	Alison	North
	6:30-7:25	Sign up required ★Group Cycle see back for details	Alison	North
	6:30-7:25	★Stretch & Strength	Betty Cancelled 9/13 only	South
	6:30-7:25	★Shallow Water	Bridget	Pool
	7:30-8:30	Body Sculpt	Laura	North
	TUES.	6:00-6:55 AM	Group Cycle	Victoria
6:00-6:55		★Body Sculpt	Miki	Multi Purpose
8:00-8:55		Pilates	Suzi	North
9:00-10:00		★Shallow Water	Martin	Pool
9:00-9:55		★Cardio-Kickbox	Katie	Multi Purpose
10:00-10:55		★Zumba	Marquetta	North Gym
11:00-12:00PM		Fitness Yoga	Abby	Multi Purpose
12:15-1:15		Group Cycle	Abby	North
12:15-1:15		★Tai Chi	Deb	North Gym
4:45-5:45		★Beginner Yoga	Norma	Multi Purpose
6:00-6:55		★Group Cycle	Helen	North
6:00-6:55		★ZUMBA!	Enhicis	North Gym
7:00-7:55		★ Pilates	Heather	North
7:00-7:55	★Hip Hop Hustle	Marcie	North Gym	
WED.	5:45-6:45AM	Group Cycle	Karen	North
	8:30-9:25	Boot Camp	Teri	North Gym
	9:00-10:00	★Water Circuit	Sarah	Pool
	9:00-10:00	★Group Cycle	Stacey	North
	9:30-10:25	Body Resistance	Melody Different Format	North Gym
	10:00-10:15	Abs/Upper Body	Stacey	North
	10:30-11:15	★Senior Strength	Linda	Multi Purpose
	10:30-11:25	★Pilates	Heather	North
	10:30-11:25	Healthy Begin Prenatal**-Water	Sarah	Pool
	11:30-12:25PM	Intermediate Yoga	Cherri	Multi Purpose
	11:30-12:25	★Easy Does It	Linda	Pool
	5:00-5:55	CorePole	Megan Cancelled 9/15 only	South
	6:00- 6:55	★Stretch & Strength	Betty	Multi Purpose
	6:30-7:25	Deep Water	Bridget	Pool
	6:30-7:25	Group Cycle	Victoria	North
	7:05-8:20	★Yoga	Norma	Multi Purpose

All Classes and Instructors subject to change due to instructor and classroom availability.

***Healthy Beginnings is a program designed for Prenatal Women*

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
THURS.	6:00-6:55AM	★Body Sculpt	Miki	Multi Purpose
	8:15-9:10	Interval Training	Teri	Multi Purpose
	9:00-10:00	★Shallow Water	Sarah	Pool
	9:15-10:10	★Hip Hop Hustle	Debbie	North Gym
	10:15-11:10	TurboKick	Hillary	North Gym
	11:00-11:55	Healthy Begin Prenatal**- Yoga	Cherri	North
	11:15-12:30PM	★Yoga Pilates Fusion	Stacey	Multi Purpose
	12:15-1:15	see below for details Group Cycle (*Heart Rate Monitor*)	Abby	North
	12:45-1:40	★Tai Chi	Michael	North Gym
	4:45-5:45	Pilates	Heather	North
	6:30-7:25	★ZUMBA!	Star	North Gym
7:30-8:25	★ Yoga	Abby	Cancelled 9/16 only South	
FRI.	5:45-6:45AM	Group Cycle	Richard	North
	8:15-9:15	Pilates	Heather	Cancelled 9/17 only Multi Purpose
	9:00-10:00	★Shallow Water	Franke	Pool
	9:00-10:00	★Group Cycle	Davina	North
	9:30-10:25	Body Sculpt	Izumi	Multi Purpose
	10:00-10:15	Abs/Upper Body	Davina	North
	10:30-11:20	★Senior Stretch and Tone	Sandy	North
	10:30-11:45	★Gentle Yoga	Cherri	Multi Purpose
	11:30-12:30PM	★Easy Does It	Franke	Pool
SAT.	8:30-9:25 AM	★Group Cycle	Helen	North
	8:30-9:25	Step	Rotation	Cancelled 9/11 only South
	9:30-10:25	Body Sculpt	Rotation	Cancelled 9/11 only South
	10:00-10:55	Group Cycle	Victoria	North
	10:30-11:25	Cardio-Kickbox	Izumi	Multi Purpose
	11:00-12:00PM	Healthy Begin Prenatal** Sculpt	Katie	North
	11:30-12:30	★Dance'n Stretch	Claire	Multi Purpose
	12:35PM-2:00	Intermediate Yoga	Norma	Multi Purpose
SUN.	9:30-10:25 AM	★Group Cycle	Richard 5 Abby 13, 19, 26	North
	12:30-1:25PM	★ZUMBA!	Jae	Multi Purpose
	1:00-2:00	★Deep Water	Franke	Pool
	1:30-2:25	Step	Laura	North
	2:30-3:25	Body Sculpt	Betty	North
	4:00-5:30	Intermediate Yoga	Susan	Multi Purpose

All Classes and Instructors subject to change due to instructor and classroom availability.

****Healthy Beginnings is a program designed for Prenatal Women**

- Mon & Wed 9:30am Body Sculpt Class is limited to 45 participants. Please pickup a number at the front desk when you check in. Numbers will be issued beginning at 8:00am. One number per participant.
- Please bring your own Yoga/Pilates mat to Yoga & Pilates classes.
- Thurs 12:15pm Group Cycle uses a heart monitor. Please bring your own heart monitor, they are not provided.
- Please bring a towel and fluid to all classes. Remember to wipe off your equipment when you are finished.
- Mon 6:30pm Group Cycle Class is limited to 24 participants. Please pickup a number at the front desk when you check in. Numbers will be issued beginning at 5:00pm. One number per participant.

Any class with a ★ next to it is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH®

For additional information about these classes or THE COACH APPROACH® – an Exercise Support Process, please contact Amie McDougal, Wellness Coord.