

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Covington Family YMCA

770 787 -3908

cvy.ymcaatlanta.org

April 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	20/20/20 Pam 60 Min.	Group Cycling Denise 45 Min.	Body Blast Angela 60 Min.	Group Cycling Denise 45 Min.	Cycle Circuit Pam 60 min.	
8:30 AM		3, 2, 1 April 60 Min.		Max Out Tara 60 Min.		
9:00 AM	*Cycle-lates April & Darcel 60 Min.		*Pilates Darcel 60 Min.		*Cycle Circuit April 60 Min.	Group Cycle 45 min.
9:30 AM		*Yoga Felicia 60 Min.		*Yoga Felicia 60 Min.		
10:00 AM						*Instructors Choice 60 Min.
10:15 AM	*L.I.F.E. Darcel 45 Min.		*L.I.F.E. Darcel 45 Min.		*L.I.F.E. Darcel 60 Min.	
11:00 AM	*Cardio Line Dancing Darcel 45 min.		*Cardio Line Dancing Darcel 45 Min.			
4:15 PM		Cardio Blast Crystal 45 min.		*Group Cycling April 45 Min.		
4:30 PM	*H.E.A.T. Trista 45 Min.		3, 2, 1 April 45 Min.			
5:10 PM		Just Abs Darcel 20 Min.		Just Abs April 20 Min.		
5:30 PM	Group Cycling April 45 Min.	Zone & Tone Angela 60 Min.	Cycle Circuit April 45 Min.	Group Cycling Pam 45 Min.		
6:30 PM	*ZUMBA Ruth	Pilates Ruth 60 Min.	*ZUMBA Ruth	Pilates Ruth 60 Min.		
7:30 PM	Yoga Karen 60 Min.					

**See announcement board in the lobby for any schedule changes.**

Any class with an \* next to it is a class appropriate for someone new to Group Exercise or in th Coach Approach.

**We now have ZUMBA on Wednesday's at 6:30PM!**