

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Decatur-Decalb Family YMCA

404-377-9622 [ddy.ymcaatlanta.org](http://ddy.ymcaatlanta.org)

## July 2010

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>SUN.</b>	8:10-9:10 AM	★Group Cycling	Randy	Small Room
	9:15-10:15	★Pilates	Randy	Small Room
	9:30-10:30	Body Pump™	Shannon	Large Room
	1:30-2:30 PM	Body Pump™	Amy	Large Room
	2:30-3:30	★Group Cycling	Wyndy 25 Susan R	Small Room
	2:45-3:45	★ Zumba!	Jamie L	Large Room
	4:15-5:30	★Yoga	Matt	Small Room
	4:35-5:35	★Deep Water Aerobics	Tonja	Pool
<b>MON.</b>	6:00-7:00	Group Cycling	Jonathan	Small Room
	6:15-6:45 AM	★Boot Camp Express	Lisa K.	Large Room
	8:00-9:00AM	★Body Sculpt 19 Gail	Julia 26 Becky	Large Room
	9:00-10:00	★Deep Water Aerobics	Jamie 26 Brenda	Pool
	9:10-10:00	★MS Society	Renee	Pool
	9:15-10:15	H.E.A.T.	Susan	Large Room
	10:00-10:50	★Water Aerobics	Jamie 26 Brenda	Pool
	10:30-11:30	★Beginner High/Low	Susan	Small Room
	10:30-11:30	Body Pump™	Kim 19, 26 Angie	Large Room
	12:00-1:00 PM	★Group Cycling	Randy 12 Patrick	Small Room
	4:30-4:50	Core Strength	Lisa	Large Room
	4:55-6:00	Body Pump™	Lisa	Large Room
	6:00-7:00	★Group Cycling	Vanessa	Small Room
	6:05-7:05	Step	Becky	Large Room
	7:05-8:05	<b>New Class!★Dance Fusion Jam</b>	Michele P.	Small Room
	7:05-8:05	★Water Aerobics	Kathy	Pool
	7:10-8:10	★Body Pump™	Shannon	Large Room
8:10-9:10	<b>New Time</b> ★Yoga	Jean	Small Room	
<b>TUES.</b>	6:00-7:00 AM	Body Pump™	Lisa K	Large Room
	9:05-10:05	★Chi-Splash	Michael	Pool
	9:00-10:00	Group Cycling	Kim 20, 27 Gail S	Small Room
	9:15-10:15	★Pilates	Randy	Large Room
	10:05-11:00	★Easy Does It	Tonja	Pool
	10:30-11:30	★Yoga 27 Candika	Kim 20 Lisa B	Large Room
	10:30-11:30	★Group Cycling	Laura	Small Room
	12:00-1:00	Body Pump™	Tonja	Large Room
	5:00-6:00 PM	★Group Cycling	Wyndy 6, 20 Vanessa	Small Room
	5:35-6:00	Abdominals	Jermaine	Large Room
	6:00-7:00	★ Hi/Lo	Jermaine	Large Room
	7:10-8:10	Cardio-Kickboxing	Michele P.	Large Room
	7:40-8:40	★Nia	Sandy	Small Room

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

**NEW CLASS!!**  
**DANCE FUSION JAM Monday 7:05pm small studio.**  
 Bellydance-based, a little latin, flamenco, modern, ballet principles and more focus on sweating & strength with a little fun and technique thrown in.

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>WED.</b>	6:00-7:00 AM	★Group Cycling	Anthony	Small Room
	8:10- 9:05 AM	Boot Camp	Burt	Large Room
	9:00-9:55	★Deep Water Aerobics	Carol	Pool
	9:00-10:00	★Tai Chi Sun Style 	Jean	Small Room
	9:15-10:15	Step/ Interval	Burt	Large Room
	10:00-10:50	★Water Aerobics	Carol	Pool
	10:30-11:30	★Basic Step	Tonja	Large Room
	10:30-11:30	★ Yoga 16 Claire	Jean	Small Room
	11:45-11:55	★Cycling Set up for first Timers	Randy	Small Room
	12:00-1:00	★Group Cycling	Randy	Small Room
	12:30-1:30	★Chi-Gong	Michael	Large Room
	4:30-4:50	Core Strength	Lisa	Large Room
	4:55-6:00	Body Pump™	Lisa	Large Room
	5:00-6:00	★ZUMBA	Sandy	Small Room
	6:05-7:05	Group Cycling	Joseph	Small Room
	7:05-8:05	★Water Aerobics	Kathy	Pool
	7:15-8:15	Body Pump™	Michelle F.	Large Room
	8:00-9:00	★Yoga	Matt	Small Room

<b>THURS.</b>	6:00-7:00 AM	Body Pump™	Lisa K.	Large Room
	7:00-8:00	★Tai-Chi	Sam	Small Room
	8:00-9:00	★Body Sculpt 22 Gail	Julia 29 Becky	Large Room
	9:00-10:00	★Deep Water Aerobics	Brenda	Pool
	9:15-10:15	Group Cycling	Kim 1, 22 Laura	Small Room
	9:15-10:15	H.E.A.T.	Susan	Large Room
	10:00-11:00	★Easy Does It	Brenda	Pool
	10:30-11:30	Body Pump™ 22 Angie	Kim 1 Tonja	Large Room
	10:30-11:30	★Yoga	Michael	Small Room
	5:00-6:00 PM	★Group Cycling	Vanessa	Small Room
	6:00-7:00	Step/Sculpt	Klea	Large Room
	7:00-7:20	Abdominal Solutions	Klea	Large Room
	7:30-8:30	★Pilates	Laurie	Small Room
	7:40-8:40	★Nia	Sandy	Large Room

<b>FRI.</b>	6:00-7:00 AM	Group Cycling	Susan R.	Small Room
	6:00-7:00AM	Boot Camp <b>NEW TIME for SUMMER!</b>	Susan L.	Gym
	9:05-10:05	★Deep Water	Jamie 30 Brenda	Pool
	9:20-10:20	★Pilates	Angie	Large Room
	10:05-11:00	★Water Aerobics	Jamie 30 Brenda	Pool
	10:30-11:30	★ Beginner Hi-lo/Sculpt	Burt	Small Room
	10:30-11:30	Body Pump™	Sudie	Large Room
	12:00-1:00	★Yoga	Matt	Large Room
	12:00-1:00	★Group Cycling	Sudie 16 Wyndy	Small Room
	5:15- 6:15 PM	★ Belly Dancing	Kumari a.k.a Michele P.	Large Room
	6:20-7:20 PM	Body Pump™	Angie	Large Room

<b>SAT.</b>	8:05-9:05 AM	★Boot Camp	Burt	Large Room
	8:45-9:45 <b>NEW TIME</b>	Group Cycling <b>90 min. July 31</b>	Joseph	Small Room
	9:15-9:25	★Body Pump Set-Up for 1 <sup>st</sup> -timers	Kyla	Large Room
	9:30-10:30	★Body Pump™	Kyla	Large Room
	10:45-11:55	Step/Abdominals	Lisa K.	Large Room
	10:45-12:00	★Yoga 10 Candika 3, 17, 31	Matt 24 TBD	Small Room
	12:00-1:00	Step/Sculpt	Klea	Large Room
	11:45-12:45	★Water Aerobics	Kathy	Pool