



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ed Isakson Family YMCA
3655 Preston Ridge Rd, Alpharetta, GA30005
770-664-1220

January 1st - January 31st 2012

Land Group Exercise Schedule

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
MONDAY				
New Time	5:45-6:45am	*Group Cycle	Bill	L Studio
	8:40-9:40am	Group Cycle	Christine N	L Studio
	8:45-9:45am	Combo	Jen/Liza	U Studio
	9:00-10:00am	Walking Club	Phyllis	Out Side
	9:15-10:45am	Running Club - Middle Distance	Carolyn	Out Side
	9:30-10:30am	Introduction to Running	Jennifer	Out Side
	9:45-10:45am	Pilates	Daniela	L Studio
	9:50-10:50am	Zumba	Toni	U Studio
	10:50-12:00	Yoga	Bonita	L Studio
	11:00-11:45am	◆Sculpt & Stretch	Denise	U Studio
	12:00-12:45pm	Group Cycle	Mike	L Studio
	3:45-4:15pm	Kids In Motion	Beth	U Studio
	4:30-5:30pm	Body Sculpt	Beth	U Studio
	5:30-6:30pm	◆Cardio Pump	Kathleen	U Studio
	6:30-7:30pm	Body Sculpt & Core Power	Augustine	U Studio
	6.30-7.30pm	Cycle Power	Kelly	L Studio
TUESDAY				
	5:45-6:45am	*Group Cycle	Lou	L Studio
	8:40-9:40am	Group Cycle	Lisa	L Studio
	8:45-9:45am	Body Sculpt	Haley	U Studio
	9:45-10:45am	50/50	Debbie	L Studio
	10:00-11:00am	Pilates	Christine S	U Studio
	11:00-12:00pm	R.I.P.P.E.D	Maribel/Cynthia	U Studio
	12:00-12:45pm	◆Seniors Conditioning	Augustine	L Studio
	4:30-5:30pm	Group Cycle	Elsa	L Studio
	5:45-6:45pm	◆Step & Sculpt	Debbie	U Studio
	5:45-7:00pm	Run Club- Mid to Long Distance	Randy	Out Side
	5:50-6:50pm	Kick Boxing	Robin/Jen	L Studio
	7:00-8:00pm	Zumba	Eve/Yvette	U Studio
	7:00-8:15pm	Energy Embracing Yoga	Shane	L Studio
WEDNESDAY				
	5:15-6:00am	*Early Bird Cycle	Karen	L Studio
	6:00-7:00am	*◆PiYo	Karen	L Studio
	7:30-8:30am	Group Cycle	Christine N	L Studio
	8:40-9:40am	Cycle and Pilates	Daniela	L Studio
	9:00-10:00am	Walking Club	Phyllis	Out Side
	9:15-10:45am	Running Club-Middle Distance	Carolyn	Out Side
	9.30-10.30am	Introduction to Running	Jennifer	Out Side
	9:45-10:45am	◆Body Sculpt	Sara	L Studio

WEDNESDAY	9:45-10:45am	Super Step & Sculpt	Ginger	U Studio
	11:00-12:00pm	Zumba	Toni	U Studio
	11:00-11:45	◆Sculpt & Stretch	Denise	L Studio
	12:00-12:45pm	Group Cycle	Jackie	L Studio
	3:45-4:15pm	Kids In Motion	Lisa	U Studio
	4:30-5:30pm	◆Body Sculpt	Lisa	U Studio
	5:45-6:45pm	Zumba	Cynthia	U Studio
	7:00-8:00pm	Boot Camp	Ann	U Studio
THURSDAY	5:45-6:45am	*Boot Camp	Robin	U Studio
	8:40-9:40am	Group Cycle	Lisa	L Studio
	8:45-9:45am	Glide and Core	Debbie	U Studio
	10:00-11:00am	Body Sculpt	Haley	U Studio
	10:15-11:15am	◆Pilates	Mara	L Studio
	11:15-12:15pm	◆Introduction to Zumba	Yvette	U Studio
	12:00-12:45pm	◆Seniors Conditioning	Augustine	L Studio
	4:30-5:30pm	◆Family Yoga	Donna	L Studio
	5:30-6:30pm	Group Cycle	Christine	L Studio
	5:30-6:30pm	Combo	Mark	U Studio
	5:45-7:00pm	Run Club- Mid to Long Distance	Randy	Out Side
	6:30-8:00pm	Yoga	Rita	L Studio
	6:50-7:50 pm	Zumba	Toni	U Studio
FRIDAY	5:15-6:15am	*Drop in Cycle	Karen	L Studio
	6:15-7:am	PiYo	Karen	L Studio
	8:40-9:40am	Group Cycle	Kelly	L Studio
	8:45-9:45am	Zumba	Emily	U Studio
	9:40-10:00am	Core Power	Kelly	L Studio
	10:00-11:00am	Interval	Lisa H	U Studio
	10:15-11:45am	Yoga	Veronica	L Studio
	11:00-12:00pm	Body Sculpt	Sara	U Studio
	4:15-5:15pm	Boot Camp	Heidi	U Studio
	5:30-6:30pm	R.I.P.P.E.D	Cynthia/Maribel	U Studio
SATURDAY	8:30-9:30am	Group Cycle	Kristin	L Studio
	8:30-9:30am	Interval	Robin	U Studio
	9:45-10:45am	50/50	Haley/Elsa	L Studio
	9:45-10:45am	Pilates	Catherine	U Studio
	11:00-12:00pm	Body Sculpt	Aria/Deniece	L Studio
	11:00-12:00pm	Zumba	Cynthia	U Studio
	12:00-1:15pm	Power Yoga	Veronica/Daniela	L Studio
	12:15-1:15pm	Zumba	Toni	U Studio
	1:30-2:15pm	*Family Zumba	Toni	U Studio
SUNDAY	1:15-2:15pm	Step & Sculpt	Catherine	U Studio
	1:00-2:30pm	Sunday Cycle Challenge	Bill	L Studio

For further information please contact: Melita Lawson, Land and Water Fitness Coordinator
770-663-3548 or melital@ymcaatlanta.org

*No Childcare Available. ◆Coach Approach Friendly Classes. This schedule is also available on our website:
iay.ymcaatlanta.org Children aged 9-12 years may take classes if accompanied by an adult, but are excluded
from group cycle. Thank you!

