

Ed Isakson/Alpharetta Family YMCA Land Fitness Schedule

May 24th — August 22nd 2010

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>	
SUNDAY	1:15-2:15PM	Step & Sculpt	Catherine	U Studio	
	1:00-2:00	Sunday Cycle Challenge	Bill	L Studio	
MONDAY	7:30-8:30	Group Cycling*	Melita	L Studio	
	8:40-9:40	Group Cycling	Kelly B	L Studio	
	8:45-9:45	Combo	Jana	U Studio	
	8:40-9:30 NEW	★Walking Club (starts June 7th)	Carolyn/Melita	Outside	
	9:15-10:45	Running Club-Next Striders	Carolyn	Outside	
	9:50-10:50	Zumba	Toni	U Studio	
	9:45-10:45	Pilates	Daniela	L Studio	
	10:50-12:00	Yoga	Bonita	L Studio	
	11:00-11:45	★Sculpt & Stretch	Denise	U Studio	
	12:00-12:45PM	Group Cycling	Mike	L Studio	
	4:30-5:30	Body Sculpt	Beth	U Studio	
	5:30-6:30	★Cardio Pump	Kathleen	U Studio	
	6:30-7:30	Sculpt & Core Power	Augustine	U Studio	
	7:00-8:00	Group Cycling	Anthony	L Studio	
TUESDAY	5:30-6:45AM	Group Cycling*	Lou	L Studio	
	8:45-9:45	Body Sculpt	Haley	U Studio	
	8:40-9:40	Group Cycling	Lisa	L Studio	
	9:45-10:45	50/50	Melita	L Studio	
	10:00-11:00	Pilates	Liane/Mary	U Studio	
	11:00-12:00PM	Resist-a-Ball	Christine	L Studio	
	12:00-1:00	Zumba	Heather & Stephanie	U Studio	
	12:00-12:45	Senior Conditioning	Augustine	Climbing Wall	
	4:30-5:30	Cycle	Elsa	L Studio	
	5:45-6:45	★Step/Sculpt	Debbie	U Studio	
	5:45-7:00	Running Club-Milers	Randy	Outside	
	5:35-6:35	Body Conditioning	Robin/Kim	L Studio	
	7:00-8:00	Zumba	Eve/Yvette	U Studio	
	6:45-8:15	Yoga	Frances	L Studio	
	WEDNESDAY	6:00-7:00AM	★PiYo (Pilates/Yoga)*	Karen	U Studio
		7:30-8:30	Cycle Power*	Melita	L Studio
		8:40-9:40	Group Cycling	Kelly B	L Studio
8:40-9:30 NEW		★Walking Club (starts June 9th)	Carolyn/Melita	Outside	
9:15-10:45		Running Club-Next Striders	Carolyn	Outside	
9:45-10:45		★Body Sculpt	Sara	L Studio	
9:45-10:45		Super Step/Sculpt	Ginger D.	U Studio	
11:00-11:45		★Sculpt & Stretch (new venue)	Denise	L Studio	
11:00-12:00PM		Zumba (new time)	Toni	U Studio	
12:00-12:45		Group Cycling	Jackie	L studio	
4:30-5:30		★Body Sculpt	Lisa	U Studio	
5:45-6:45		Zumba	Cynthia	U Studio	
7:00-8:00		Boot Camp	Ann	U Studio	
THURSDAY	6:00-7:00AM	Boot Camp Style*	Robin	U Studio	
	6:00-7:00	Group Cycling*	Anthony	L Studio	
	8:45-9:45	Combo	Michelle	U Studio	
	8:40-9:40	Group Cycling	Lisa	L Studio	
	10:00-11:00	★Pilates	Mary	L Studio	
	10:00-11:00	Body Sculpt	Haley	U Studio	
	11:15-12:15PM	Cardio Latin Core	Maria	U Studio	
	12:00-12:45	Senior Conditioning	Augustine	Climbing Wall	
	4:30-5:30	★Group Cycling	Elsa	L Studio	
	5:30-6:30	★Pilates	Maria	L Studio	
	5:30-6:30	Combo	Mark	U Studio	
	5:45-7:00	Running Club-Milers	Randy	Outside	
	6:30-8:00	Yoga	Rita	L Studio	
	6:50-7:50	Zumba	Toni	U Studio	
	FRIDAY	6:00-7:00AM	Group Cycling*	Karen/Rich	L Studio
		8:00-8:30	Sculpt*	Kelly V	U Studio
		8:40-9:40	Group Cycling	Kelly V	L Studio
8:45-9:45		Zumba	Stephanie/Heather	U Studio	
9:40-10:00		Core Power	Kelly V	L Studio	
10:00-11:00		Interval	Lisa H	U Studio	
10:15-11:45		Yoga	Veronica	L Studio	
12:00-12:45PM		Group Cycle	Jackie/Ann	L Studio	
12:00-1:00		Body Sculpt	Sara	U Studio	
5:30-6:00		Intense Cardio	Christine/Heidi/Jen	U Studio	
6:00-6:30		Intense Sculpting	Christine/Heidi/Jen	U Studio	
6:30-7:00		Intense Abs	Christine/Heidi/Jen	U Studio	
SATURDAY		8:30-9:30AM	Group Cycle	Kristen	L Studio
		8:30-9:30	Interval	Robin	U Studio
	9:45-10:45	50/50	Haley/Elsa	L Studio	
	9:45-10:45	Pilates	Catherine	U Studio	
	11:00-12:00PM	Body Sculpt	Deniece/Mauria	L Studio	
	11:00-12:00	Zumba	Cynthia	U Studio	
	12:00-1:15	Power Yoga	Veronica/Daniela	L Studio	
	12:10-1:10	Zumba	Toni	U Studio	

* No Child Care available. ★Coach Approach Appropriate. The schedule is also available on our web site: iay.ymcaatlanta.org
Children aged 9-12 yrs may take classes if accompanied by an Adult, but are excluded from: Cycle, Resist-A-Ball.