

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

McCleskey-East Cobb Family YMCA

mcy.ymcaatlanta.org

Group Exercise Coordinator/Wellness Coach- Terri Moore

Wellness Coach- Geraldine McQueen

Sr. Wellness Director- Kathleen Russell

Aquatics Director- Sarah Ernst

August 2010

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
SUNDAY	1:15-2:30 PM	Step 'N Sculpt	Sue	Studio
	1:30-2:15	+Group Cycling	Sheri/Brooke	Studio #2
	2:30-3:25	★Pilates	Kathy	Studio #2
	2:30-3:25	★Zumba	Sheila/Cheryl	Studio
MONDAY	6:00-6:45	+Group Cycling	Sheri	Studio #2
	8:00-8:45	NEW! +Cycle 360 45 cycle/ 25 abs & uppers	Terri M.	Studio #2
	8:50-9:15	NEW! Abs & Uppers	Terri M.	Studio #2
	8:30-9:25	★Zumba	Natalie	Studio
	8:30-9:30	Hydroflex (intermediate class)	Earnest	Pool
	9:30-10:30	+Group Cycling Extreme	Laurie	Studio #2
	9:30-10:25	Body Sculpt	Linda	Studio
	10:30-11:25	★Low Impact Aerobics	Diane	Studio
	10:30-11:30	★Aquacise	Tammy	Pool
	11:30-12:25PM	★Stretch For Life	Diane	Studio
	12:30-1:30	★Active Older Adults	Tammy	Pool
	5:30-6:25	Cross Training	Teri	Studio
	6:00-6:45	+Group Cycling	Carol	Studio #2
	6:30-7:25	Yoga	Pam	Studio
	6:00-7:00	Water Dance	Sherry	Pool
7:30-8:25	★Zumba	Cheryl	Studio	
TUESDAY	6:00-6:45 AM	+Group Cycling	Laura	Studio #2
	8:15-9:00	Water Sport	Ilyse	Pool
	8:30-9:15	+Group Cycling	Terri M.	Studio #2
	8:30-9:25	Functional Training(renamed)	Kathy	Studio
	9:00-9:45	★Stretch'n Move	Ilyse	Pool
	9:30-10:25	Zumba	Jeri	Studio
	9:30-10:30	+Group Cycling Extreme	Kristi	Studio #2
	10:00-11:00	★Aqua Sculpt	Ilyse	Pool
	11:00-11:45	Arthritis	Ilyse	Pool
	10:30-11:25	Power Yoga	Kahlil	Studio
	11:45-12:45PM	★Active Older Adults	Joyanna	Pool
	12:15-1:00	+Group Cycling	Terri M.	Studio #2
	5:30-6:25	Body Sculpt	Teri	Studio
	6:00-7:00	Hydroflex	Diane	Pool
	6:30-7:25	Hip Hop Hustle	Kristi	Studio
6:30-7:30	+Extreme Cycling	Laurie	Studio #2	
7:30-8:25	★Stretch For Life	Diane	Studio	

★ Class is appropriate for members new to Group Exercise and/or participating in *THE COACH APPROACH*®.

+ All Cycle Classes require participants to sign-in @ the Front Desk 30-minutes prior to class time. Bikes are limited!

NEW! All Zumba Classes require participants to retrieve a numbered tag @ the Front Desk 30-minutes prior to class time. Space is limited! Maximum Studio Capacity=55!

For information regarding classes or *THE COACH APPROACH*-An Exercise Support Process® contact:

Terri Moore 678-564-2132 terrim@ymcaatlanta.org
 Geraldine McQueen 678-564-2131 geraldam@ymcaatlanta.org
 Kathleen Russell 770-578-2791 kathleenr@ymcaatlanta.org

For aquatics information contact:

Sarah Ernst @ 770-578-2801 sarahe@ymcaatlanta.org

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>	
WEDNESDAY	6:00-6:45 AM	Body Sculpting	Patty	Studio	
	8:-8:45	+Group Cycling	Carol	Studio #2	
	8:30-9:25	Pilates	Linda	Studio	
	8:30-9:30	Hydroflex (intermediate class)	Earnest	Pool	
	9:30-10:15	+Group Cycling	Terri M.	Studio #2	
	9:30-10:25	Step 'N Sculpt	Teri	Studio	
	10:30-11:25	★Low Impact Aerobics	Diane	Studio	
	10:30-11:30	★Aquacise	Sherry	Pool	
	11:30-12:25 PM	★Stretch For Life	Kathy	Studio	
	12:30-2:30	Kickers' Practice (*registration required)	Judy	Studio	
	11:45-12:30	★Active Older Adults	Sherry	Pool	
	5:30-6:25	Body Sculpt	Sheri	Studio	
	6:00-6:45	+Group Cycling	Kim	Studio #2	
	6:30-7:25	★Zumba	Sheila	Studio	
	7:30-8:25	Yoga	Pam	Studio	
THURSDAY	6:00-7:00 AM	+Group Cycling Extreme	Joel	Studio #2	
	8:15-9:00	Water Sport	Ilyse	Pool	
	8:30-9:25	Body Sculpt	Traci	Studio	
	9:00-9:45	★Stretch N' Move	Ilyse	Pool	
	9:30-10:15	+Group Cycling	Carol	Studio #2	
	9:30-10:25	Zumba	Omega	Studio	
	10:00-11:00	★Aqua Sculpt	Ilyse	Pool	
	10:30-11:45	Yoga	Vicki	Studio	
	11:00-11:45	★Stretch	Ilyse	Pool	
	11:45-12:45	★Active Older Adults	Joyanna	Pool	
	5:30-6:25	30/30 Step 'N Sculpt	Nina	Studio	
	6:30-7:25	Yoga	Carolyn P.	Studio	
	6:30-7:30	+Group Cycling Extreme	Sheri/Kristi	Studio #2	
	7:30-8:30	Zumba	Natalie	Studio	
	FRIDAY	6:00-6:45	Step	Jamie	Studio
8:00-8:45		+Group Cycling	Laurie	Studio #2	
8:30-9:30		Hydroflex (intermediate class)	Earnest	Pool	
8:30-9:25		Step II	Dianna N.	Studio	
9:30-10:15		+Group Cycling	Geralda	Studio #2	
9:30-10:15 NEW!		★Aqua Zumba	Mirabelle	Pool	
9:30-10:25		Zumba	Jeri	Studio	
10:30-11:25		Intermediate Pilates	Jeri	Studio	
10:30-11:15		Aqua Sculpt	Ilyse	Pool	
11:30-12:25 PM		★Stretch For Life	Arvind	Studio	
12:00-1:00 NEW!		+Group Cycling Extreme	Geralda	Studio #2	
12:30-2:30		Kickers' Practice (*registration required)	Judy	Studio	
6:30-7:25		★Zumba	Tara	Studio	
SATURDAY		8:15-9:25 AM	Step Blast	Teri/Nina	Studio
		9:15-10:00	+Group Cycling	Sheri	Studio #2
	9:30-10:40	Body Sculpt	Barbara	Studio	
	10:30-11:45 NEW!	+Cycle 360 45 cycle/ 25 abs & uppers	Carol	Studio 2	
	11:20-11:45 NEW!	Abs & Uppers	Carol	Studio #2	
	11:00-12:00	★Zumba	Cheryl/Leah	Studio	
	11:15-12:00 PM	Hydroflex	Thomas/Joellen/Mary	Pool	
	12:15-1:30	Intermediate Yoga	Susan/Carolyn	Studio	

The Group Exercise schedule is subject to change due to holidays/seasons, low attendance or circumstances beyond our control. Please inform the Front Desk staff of your current e-mail address to receive our e-blast. This is a great way for yourYMCA to communicate with you our member!