

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Northeast Cobb YMCA

ncy.ymcaatlanta.org

Lorna Loh

Senior Membership & Wellness Director

678-569-9622 ext. 243

SUMMER 2010

June 1 to July 31, 2010

Please see *Class Descriptions* for details about each class.

Help conserve our natural resources by utilizing our online schedule at ncy.ymcaatlanta.org

Please inform the instructor if you're new to the class or have limitations. Instructor will assist you with set-up and/or offer modifications.

☺ Class is appropriate for members new to Group Exercise and/or participating in THE COACHAPPROACH®. For additional information about THE COACHAPPROACH - An Exercise Support Process®, please contact Lorna Loh at LornaT@ymcaatlanta.org at 678-569-9622.

* Denotes a change from the previous schedule.

★ Intermediate-level class.

Cycle classes have a 20-bike capacity. Sign up is available at the front desk on a first-come-first-served basis:

▲ Sign-up available 30 minutes prior to class start time.

◆ Sign-up available Thursday 7:00AM. Wait list is available for this class. If you are wait-listed and it doesn't clear for that Saturday, you are guaranteed entry into next Saturday's 7:15AM class.

Classes and instructors are subject to change without notice. The YMCA reserves the right to remove classes with low attendance.

SUNDAY

* 11:15PM - 12:15PM	Pure Muscle (Sets & Reps)	Lorna	Main Studio
* 12:30PM - 1:30PM	Group Cycling▲☺	Misty	Cycle Studio

MONDAY

6:00AM - 7:00AM	RoadFit Cycling▲☺	Jamie/Lorna/Bill ¹	Cycle Studio
8:30AM - 9:30AM	Cardio Blast	Barbie	Main Studio
8:30AM - 9:30AM	Power Pilates ★	Jeri	Mind/Body Studio
8:30AM - 9:30AM	Group Cycling▲	Lorna	Cycle Studio
9:45AM - 10:45AM	Pure Strength	Jeri	Main Studio
9:45AM - 11:00AM	Yoga ☺	Pam	Mind/Body Studio
10:00AM - 10:30AM	Kid Fit	Nursery Staff	Activities Room
9:45AM - 10:45AM	Abs-olute Cycling▲☺	Traci	Cycle Studio
* 11:00AM - 11:30AM	Six-Pack Abs ☺	Traci	TBD
11:00AM - 12:00PM	Zumba ☺	Kristi	Main Studio
5:00PM - 7:00PM	On The Move	Nursery Staff	yPod (Clubhouse)
NEW! * 5:30PM - 6:00PM	Abs & Glutes ☺	Lorna	Main Studio
NEW! * 6:00PM - 6:25PM	Upper Cuts	Lorna	Main Studio
6:30PM - 7:25PM	Zumba ☺	Omega	Main Studio
6:30PM - 7:30PM	Group Cycling▲	Lorna	Cycle Studio
7:00PM - 8:00PM	Tai Chi ☺	Phillip	Mind/Body Studio

TUESDAY

6:00AM - 7:00AM	Pure Strength ☺	Lisa	Main Studio
6:00AM - 7:00AM	RaceFit Cycling▲★	Lorna	Cycle Studio
7:45AM - 8:15AM	Upper Cuts ☺	Lorna	Main Studio
8:30AM - 9:30AM	Pure Muscle ☺	Jamie B.	Main Studio
8:30AM - 9:30AM	Group Cycling▲	Lorna	Cycle Studio
9:45AM - 10:45AM	Urban Groove ☺	Omega	Main Studio
9:45AM - 10:45AM	Pi-Yo Fusion ☺	Frannie	Mind/Body Studio
9:45AM - 10:45AM	Group Cycle	Jamie	Cycle Studio
5:30PM - 6:25PM	Urban Groove ☺	Chris	Main Studio
6:30PM - 7:25PM	Pure Muscle (Sets & Reps)	Lorna	Main Studio
6:30PM - 7:30PM	Group Cycling▲☺	Traci	Cycle Studio
6:30PM - 7:45PM	Yoga ☺	Cheryl	Mind/Body Studio

WEDNESDAY

NEW!	*	8:30AM - 9:30AM	Step/Zumba ☺	Dianna	Main Studio
		8:30AM - 9:30AM	Mat Pilates ☺	Frannie	Mind/Body Studio
		8:30AM - 9:30AM	Group Cycling▲	Joel	Cycle Studio
		9:45AM - 10:45AM	Ultimate Conditioning ★	Barbie	Main Studio
		9:45AM - 11:00AM	Yoga ★	Susan	Mind/Body Studio
		10:00AM - 10:30AM	Kid Fit	Nursery Staff	Activities Room
		9:45AM - 10:45AM	Abs-olute Cycling▲☺	Frannie	Cycle Studio
	*	11:00AM - 11:30AM	Six-Pack Abs ☺	Frannie	Main Studio
		5:00PM - 7:00PM	On The Move	Nursery Staff	
NEW!	*	5:30PM - 6:00PM	Abs & Glutes ☺	Lorna	Main Studio
NEW!	*	6:00PM - 6:25PM	Upper Cuts	Lorna	Main Studio
		6:30PM - 7:25PM	Athletic Conditioning	Robert	Main Studio
		6:30PM - 7:30PM	Group Cycling▲	Lorna	Cycle Studio

THURSDAY

		6:00AM - 7:00AM	Pure Strength ☺	Lisa	Main Studio
		6:00AM - 7:00AM	RaceFit Cycling▲★	Lorna	Cycle Studio
		7:45AM - 8:15AM	Upper Cuts ☺	Lorna	Main Studio
		8:30AM - 9:30AM	Pure Strength	Darcy	Main Studio
		8:30AM - 9:30AM	Group Cycling▲	Frannie	Cycle Studio
		9:45AM - 10:45AM	Cardio Kickbox ☺	Darcy	Main Studio
NEW!	*	9:45AM - 10:45AM	Pi-Yo Fusion ☺	Frannie	Mind/Body Studio
		5:30PM - 6:25PM	Zumba ☺	Barbara S.	Main Studio
NEW!	*	5:30PM - 6:25PM	Intro to Group Ex	Sam	Mind/Body Studio
		6:30PM - 7:25PM	Pure Muscle ☺	Chris	Main Studio
		6:30PM - 7:45PM	Yoga	Jana	Mind/Body Studio
		6:30PM - 7:30PM	Group Cycling▲☺	Misty	Cycle Studio

FRIDAY

		8:30AM - 9:30AM	Cardio Challenge	Darcy	Main Studio
		8:30AM - 9:30AM	Group Cycling▲☺	Jamie	Cycle Studio
		9:45AM - 10:45AM	Pure Muscle ☺	Jamie	Main Studio
		9:45AM - 11:00AM	Yoga ☺	Jeny	Mind/Body Studio
		10:00AM - 10:30AM	Kid Fit	Nursery Staff	Activities Room
		9:45AM - 10:45AM	Abs-olute Cycling▲☺	Misty	Cycle Studio
	*	11:00AM - 11:30AM	Six-Pack Abs ☺	Misty	Main Studio
		5:00PM - 6:00PM	Pure Muscle (Sets & Reps)	Lorna	Main Studio

SATURDAY

		7:15AM - 8:15AM	RaceFit Cycling◆★	Lorna	Cycle Studio
		7:15AM - 8:15AM	Cardio Kickbox ☺	Darcy	Main Studio
		8:30AM - 9:30AM	High Definition	Traci	Main Studio
		8:30AM - 9:30AM	Group Cycling▲	Bill	Cycle Studio
NEW!	*	9:00AM - 10:15AM	Pi-Yo Fusion	Jeri/Linda/Brooke	Mind/Body Studio
	*	9:45AM - 10:45AM	Pure Strength	Dianna K.	Main Studio
		9:45AM - 10:45AM	Group Cycling▲☺	Joel	Cycle Studio
	*	11:00AM - 12:00PM	Zumba ☺	Dianna K.	Main Studio
		11:00AM - 12:00PM	Stretch For Life ☺	Diane S.	Mind/Body Studio