

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

South Dekalb Family YMCA

770-987-3500

sdy.ymcaatlanta.org

Effective 1/01/10 – 5/21/10

Fall 2009

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
SUN.	3:30-4:30 PM	★Basic Step	Karl	Studio
MON.	9:00-10:00 AM	★Senior Water	Ida	Pool
	9:00-10:00	Cardio Sculpt	Joy	Studio
	10:15-11:15	★Yoga	Lorna	Studio
	4:00-5:00 PM	Water Aerobics	Teresa (Volunteer)	Pool
	6:00-7:00	Boot Camp	Lucius/Carlton	Studio
	7:00-8:00	★Hi/Lo	Marvin	Studio
	7:00-8:00	Chicago Style Stepping (Intermediate)	Gregory	The Zone
	8:00-9:00	Chicago Style Stepping (Beginning)	Gregory	The Zone
	8:10-9:00	Power Sculpt	Angela	Studio
TUES.	8:30-9:00 AM	Deep Water	MJ	Pool
	9:00-10:00 AM	★Water Aerobics	MJ	Pool
	9:00-10:00	★Combo Workout	Joy	Studio
	6:30-7:30 PM	Step	Anita	Studio
	7:35-8:35	★Yoga	Lorna	Studio
	7:30-8:30	★Water Aerobics	Felicia	Pool
WED.	7:30-8:30 AM	Pilates	Anita	Studio
	9:00-10:00	★Senior Water	Ida	Pool
	9:00-10:00	Cardio Sculpt	Joy	Studio
	4:00-5:00 PM	Water Aerobics	Teresa (Volunteer)	Pool
	6:00-7:00	Boot Camp	Lucius/Carlton	Studio
	7:05-8:05	Group Cycle	Karl	Studio
	8:15-9:15	Total Body	Carlton	Studio
THURS.	7:30-8:30 AM	Pilates	Anita	Studio
	9:00-10:00	★Water Aerobics	MJ	Pool
	9:15-10:00	Boot Camp	Joy	Studio
	10:15-11:15	★Yoga	Lorna	Studio
	6:15-7:15 PM	★Hi/Lo	Marvin	Studio
	7:30-8:30	★Water Aerobics	Felicia	Pool
	7:30-8:30	African Dance NEW	Theresa	Studio
FRI.	9:00-10:00 AM	★Senior Water	Ida	Pool
	4:00-5:00 PM	Water Aerobics	Teresa (Volunteer)	Pool
	6:30-7:30	Boot Camp	Lucius/Carlton	Studio
	7:30-8:30	★Water Aerobics	Felicia	Pool
SAT.	9:00-11:00 AM	30/30/30/30	Karl	Studio
	9:30-10:30	Basic Step	Leslie	The Zone
	12:00-1:00 PM	Water Aerobics	Eloise	Pool
	1:30-3:15	★Basic Chicago Style Stepping	Gregory	Studio
	3:15-5:00	Chicago Style Stepping (Intermediate&Advanced)	Gregory	Studio

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®

For additional information about these classes or THE COACH APPROACH-An Exercise Support Process®, please contact Winston Myers @ 770-987-3500.