



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summit Family YMCA
www.ymcapass.com
(770) 254 - 9622

January 2012

MONDAY

No classes January 16th -- YMCA Closed

Rm2	5:15am	Cycle Bootcamp	TJ		
Rm1	^8:30am^	★X-St w/ AD 2nd	★X-BC w/ BB 9th	★Hi/Lo w/ AD 23rd	★X-KB w/ BB 30th
Rm2	8:30am	★Cycle	TL		
Rm1	9:00am	★Sc w/ AD 2nd & 23rd	★Pp w/ BB 9th & 30th		
MP	9:00am	★H2O Fitness	JC 2nd	JT 9th & 23rd	LS 30th
CR	9:30am	Flow Yoga	TL (Teen Center 2nd)		
Rm2	10:00am	★Cycle	UH 2nd	WJ 9th & 30th	CS 23rd NEW CLASS
Rm1	^10:00am^	★X-KB w/ ED 2nd	★X-Hi/Lo w/ PN 9th	★X-BC w/ LS 23rd	★X-St w/ PN 30th
MP	10:00am	★H2O Hi/Lo	NO CLASS 1/2/2012		JT 9th & 23rd LS 30th
SP	10:00am	★H2O Flex & Firm	JC 2nd, 9th & 23rd	KD 30th	
Rm1	^10:30am^	★Core Conditioning	ED 2nd	PN 9th & 30th	LS 23rd
Rm1	11:00am	★ZBasic®	SW		
Rm2	^12:15pm^	★Express Cycle	NO CLASS 1/2/2012		UH 9th & 30th WJ 23rd NEW CLASS
Gym	4:30pm	Kid's Fitness	NO CLASS 1/2/2012 LA & PN		
Rm1	^4:30pm^	★X-Hi/Lo w/ WJ 2nd	★X-BC w/ GS 9th	★X-St w/ DB 23rd	★X-3-2-1 w/ GS 30th
Rm1	^5:00pm^	★X-St w/ WJ 2nd	★Core w/ GS 9th & 30th		★X-KB w/ DB 23rd
CR	*5:30pm*	★Yoga	LS 2nd (Teen Center 2nd), 23rd & 30th GS 9th		
Rm2	^5:30pm^	★Express Cycle	WJ 2nd	CM 9th	GS 23rd & 30th
Rm1	5:30pm	★Pp w/ GS 2nd	★Sc w/ SW 9th & 23rd		★Pp w/ SW 30th NEW TIME
Rm2	6:00pm	★Cycle	DB 2nd & 30th	CM 9th	GS 23rd NEW TIME
Rm1	6:30pm	★Zumba®	SW 2nd, 9th & 23rd		EN 30th NEW TIME
CR	7:00pm	★Pilates	GS 2nd (Teen Center 2nd) & 23rd	LS 9th	DB 30th NEW CLASS

TUESDAY

Rm2	5:30am	★Cycle	JD		
Rm1	8:30am	Zumba® & Sculpt	SW		
CR	8:30am	★Pilates	NC 3rd & 31st	PN 10th	GS 17th BB 24th
Rm2	8:30am	★Cycle & Strength	GS 3rd	BB 10th	CM 17th & 31st KB 24th NEW CLASS
MP	9:00am	★H2O Fitness	KD 3rd	DT 10th, 17th 24th & 31st	
CR	9:30am	★Tai Chi Moves	YM (Teen Center 3rd)		
Rm2	9:30am	★Cycle	CM 3rd	CS 10th & 24th	GS 17th ED 31st
Rm1	9:30am	★3-2-1 w/ PN 3rd	★S&S w/ AD 10th	★BC w/ AD 17th	★3-2-1 w/ GS 24th Step w/ AD 31st
Rm1	^10:30am^	★X-Sculpt	CM3rd	CS 10th	AD 17th GS 24th ED 31st
Rm1	11:00am	Functional Fitness	GW 10th & 24th		ZumbaGOLD® w/ SW 3rd, 17th & 31st
Rm2	*11:00am*	★Yoga	YM		
Rm1	6:00pm	ZumbaTone®	TH		
Rm2	6:30pm	★Cycle & Strength	BB 3rd, 17th, 24th & 31st		KV 10th
MP	6:30pm	★H2O Hi/Lo	LS		
Rm1	7:00pm	★Zumba®	TH		
CR	7:00pm	★Yoga	Elizabeth (Teen Center 3rd)		
Rm2	7:30pm	Cycle	KV 3rd	UH 10th, 17th 24th & 31st	
Rm1	8:00pm	BC w/ UH 3rd	KB w/ LS 10th	PUSH w/ LS 17th	S&S w/ LS 24th BC w/ LS 31st

WEDNESDAY

Rm1	5:15am	★Pump	NO CLASS 1/4/2012		KB
Rm1	^8:30am^	★X-KB w/ BB 4th	★X-Hi/Lo w/ AD 11th	★X-BC w/ CS 18th	★X-St w/ RG 25th
Rm2	8:30am	★Cycle & Strength	CS 4th	PN 11th	LS 18th AD 25th
MP	9:00am	H2O Drills & Skills	JT 4th & 18th		KB 11th & 25th
Rm1	9:00am	★Pp w/ BB 4th	★Sc w/ AD 11th	★Pp w/ CS 18th ★Sc w/ RG 25th	
CR	9:30am	★Yoga	Elizabeth (Teen Center 4th)		
Rm2	10:00am	★Cycle	ED 4th	GS 11th & 25th	BB 18th
SP	10:00am	★H2O Pilates	JC 4th & 25th		KB 11th & 18th

Rm1	10:00am	★BC w/ KV 4th	★50/50 w/ RG 11th	★3-2-1 w/ GS 18th	★KB w/ KB 25th
Rm1	11:00am	★ZBasic®	EN		
Rm2	^12:15pm^	Express Cycle	NO CLASS 1/4/2012	CS 11th	WJ 18th PN 25th
Gym	4:30pm	Kid's Fitness	NC & DT		
Rm2	4:30pm	★Cycle	NO CLASS 1/4/2012	RC 11th	KV 18th UH 25th
CR	5:30pm	★Yoga	YM (Teen Center 4th)		NEW CLASS
Rm2	^5:30pm^	Express Cycle	NO CLASS 1/4/2012	UH 11th	RC 18th KV 25th
Rm1	5:30pm	Sculpt w/ UH 4th & 18th	★Pp w/ KV 11th and UH 25th		
Rm2	6:00pm	★Cycle & Strength	RC 4th & 18th	UH 11th	KV 25th
Rm1	7:00pm	★FunkFitness w/ NC 4th	Z&S w/ KM 11th & 18th	★Zumba® w/ LT 25th	
CR	7:00pm	★Pilates	UH 4th (Teen Center 4th) & 18th	NC 11th & 25th	

THURSDAY

Rm2	5:30am	★Cycle	TJ		
CR	8:30am	★Pilates	PN 5th & 19th	NC 12th	BB 26th
Rm2	8:30am	★Cycle	SG 5th & 19th	UH 12th	CS 26th
Rm1	8:30am	★50/50 w/ CS 5th	★KB w/ BB 12th	Step w/ BB 19th	★BC w/ GS 26th
MP	9:00am	★H2O Fitness	SW 5th, 12th & 26th	DT 19th	
CR	*9:30am*	★Yoga	ED		
Rm2	*9:30am*	★Cycle & Strength	LS 5th	SG 12th & 26th	KB 19th
Rm1	9:30am	★Zumba®	LT		
Rm1	11:00am	Functional Fitness	GW		
Rm1	6:00pm	★BC w/ GS 5th	★3-2-1 w/ GS 12th	★50/50 w/ GS 19th	★3-2-1 w/ KV 26th
Rm2	6:30pm	★Cycle	KV 5th	TL 12th & 26th	RC 19th
MP	6:30pm	★H2O Fitness	JC 5th, 12th & 19th	KD 26th	
CR	7:00pm	★Yoga	UH 5th, 12th & 26th	GS 19th	
Rm1	7:00pm	★Pp w/ GS 5th	★Sc w/ GS 12th	★Pp w/ BB 19th	★Sc w/ CS 26th
SP	^7:15pm^	★H2O Flex & Firm II	JC 5th, 12th & 19th	KD 26th	
Rm1	8:00pm	★FunkFit	NC		

FRIDAY

Rm2	*8:30am*	★Cycle	WJ 6th	GS 13th	TL 20th & 27th
Rm1	8:30am	★Pp w/ BB 6th	★Sc w/ CS 13th	★Pp w/ AD 20th	★Sc w/ ED 27th
MP	9:00am	Deep Water Workout	JT		
CR	9:30am	Flow Yoga	Elizabeth		
Rm1	9:30am	Step w/ AD 6th	★50/50 w/ BB 13th	★BC w/ GS 20th	★S&S w/ AD 27th
SP	10:00am	★H2O Flex & Firm	KD 6th	JC 13th & 20th	DT 27th
Rm2	10:00am	★Cycle & Strength	GS 6th	TL 13th	CM 20th RG 27th
Rm1	11:00am	★Gentle Yoga	Elizabeth		
Rm2	6:30pm	★Cycle	UH 6th, 13th & 27th	RC 20th	
Rm1	6:30pm	★Zumba® w/ LT 6th & 20th	★Zumba® & Sculpt w/ KM 13th & 27th		

SATURDAY

Rm1	8:45am	Zumbatomic®	SW		NEW TIME
Rm2	^9:00am^	★Express Cycle	RC 7th & 21st	CM 14th	WJ 28th
Rm1	9:30am	★Sc w/ PN 7th	★Pp w/ WJ 14th & 28th	★Sc w/ CM 21st	
CR	9:30am	Flow Yoga	ED 7th, 14th & 21st	GS 28th	
Rm2	9:30am	★Cycle	CS 7th, 14th & 28th	GS 21st	
MP	9:40am	★H2O Zumba® w/ SW 7th & 21st	H2O Drills & Skills w/ SW 14th & 28th		
Rm1	10:30am	★FunkFit	NC		
Rm2	10:30am	Cycle & Strength	CM 7th	WJ 14th	GS 21st & 28th
CR	10:30am	★Pilates	PN 7th & 14th	UH 21st & 28th	
Rm1	11:30am	PUSH w/ UH 7th	NO CLASS 1/14/2012	KB w/ UH 21st	BC w/ UH 28th

SUNDAY

No Classes New Year's Day					
Rm1	12:30pm	Rhythms of Zumba -- break down & mastering the rhythms most used Zumba w/ TH 8th & 15th ONLY			
Rm2	^1:00pm^	Express Cycle	WJ 8th, 15th & 29th	RC 22nd	NEW CLASS
Rm1	1:30pm	★Zumba® 8th & 22nd	★Zumba® & Sculpt 15th & 29th		SW
Rm2	1:30pm	Cycle & Strength	GS 8th	WJ 15th	RC 22nd CS 29th
Rm1	2:30pm	★Sc w/ CS 15th	★Pp w/ GS 22nd	★Sc w/ WJ 29th	NEW CLASS begins 1/15/2012
Rm1	3:30pm	★Yoga	GS 22nd & 29th	ONLY	

All classes are multi-level and 45 - 55 minutes unless otherwise denoted

" ^ " denotes a 25 minute class

" * " denotes a 60 minute or longer class