



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## FALL 2011

### Group Exercise Schedule

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>MON</b>				
<b>AM</b>	5:30 - 6:30	Hip Hype Cycle	Lynnae	Cycle Studio
	8:15 - 9:15	Mat Pilates	Blanche	Aerobic Studio
	8:30 - 9:30	Water Aerobics	Diane	Natatorium
	10:30 - 11:30	Tai Chi	Baba Bey	Aerobic Studio
<b>PM</b>	12:30 - 1:00	DeBlast!	Dee	Aerobic Studio
	5:30 - 6:30	Creative Cardio	Rob	Aerobic Studio
	6:30 - 7:30	Zumba	Shay	Aerobic Studio
	6:30 - 7:30	Free Wheelin'	Jarvis	Cycle Studio
	7:30 - 8:30	Fitness Yoga	Randy	Aerobic Studio
	6:30 - 9:00	Chicago Style Steppin'	True Passion	Freeman Ctr.
	7:00 - 8:00	Water Aerobics	Eloise	Natatorium
<b>TUE</b>				
<b>AM</b>	8:00 - 9:00	Butts -n- Gutts	Chastain	Aerobic Studio
	8:45 - 9:45	Senior Pool Pals	Beth Gross	Natatorium
	12:00 - 12:30	Zumba Express	Shaheeda	Aerobic Studio
<b>PM</b>	5:30 - 6:30	Step On It	Juanita	Aerobic Studio
	6:35 - 7:00	Tummies-N-Tails	Juanita	Aerobic Studio
	6:30 - 7:30	Fit & Funky Ride	Staff	Cycle Studio
	7:00 - 8:00	Yoga	Hazelyn	Aerobic Studio
<b>WED</b>				
<b>AM</b>	5:15 - 6:15	H.E.A.T.	Rob	Gymnasium 2
	8:30 - 9:30	Resistance Pilates	Blanche	Aerobic Studio
	8:30 - 9:30	Water Aerobics	Diane -- 1st,3rd,5th Eloise -- 2nd & 4th	Natatorium
	10:30 - 11:30	Tai Chi	Baba Bey	Aerobic Studio
<b>PM</b>	12:30 - 1:00	DeBlast!	Dee	Aerobic Studio
	5:30 - 6:30	Sculpting--1st,3rd,5th Butts-n-Gutts -- 2nd & 4th	Alethia -- 1st,3rd,5th Chastain--2nd & 4th	Aerobic Studio
	6:30 - 7:30	Hip Hype Cycle	Jarvis	Cycle Studio
	6:30 - 7:30	Kickboxing	Alethia	Aerobic Studio
	7:00 - 8:00	Water Aerobics	Eloise	Natatorium

7:30 - 8:30	Dance Mix 1st & 3rd Sweat -- 2nd * <b>STARTING IN</b> OCT* Africise --4th	Salsa Narvia -- 1st & 3rd Anana -- 2nd Shaheedah --4th	Aerobic Studio
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**THURS**

<b>AM</b> 8:00 - 9:00	Butts -n- Gutts	Chastain	Aerobic Studio
8:45 - 9:45	Senior Pool Pals	Beth Gross	Natatorium
<b>PM</b> 12:00 - 12:30	Zumba Express	Shaheeda	Aerobic Studio
6:00 - 6:45	45 Minutes Strong	Rob	Aerobic Studio
6:45- 7:45	Zumba	Shay	Aerobic Studio
6:30 - 7:30	Fit & Funky Ride	Staff	Cycle Studio

**FRI**

<b>AM</b> 5:15 - 6:15	36-24-36	Rob	Aerobic Studio
8:30 - 9:30	On The Ball	Blanche	Aerobic Studio
8:30 - 9:30	Water Aerobics	Diane	Natatorium
9:30 - 10:30	Figure 8	Shane	Aerobic Studio
10:30 - 11:30	Stretch For Life	Diane	Freeman Ctr.
<b>PM</b> 6:00 - 7:30	Line Dancing	William	Aerobic Studio

**SAT**

<b>AM</b> 8:30 - 9:30	Step	Laura	Aerobic Studio
9:30 -10:30	Hip Hype Cycle	Jarvis	Cycle Studio
11:30 - 12:00	Deep Water Aerobics	Blanche	Natatorium
<b>PM</b> 12:00 - 1:00	Water Aerobics	Blanche	Natatorium
3:00 - 5:00	Beginner AfriSalsa Lessons	AfriSalsa	Aerobic Studio

**SUN**

<b>PM</b> 12:00 - 1:30	Figure 8	Shane	Aerobic Studio
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This is effective through December 30, 2011

**Andrew and Walter Young Family YMCA**  
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**Blanche Payne, Wellness Director**