



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

Eastside Family YMCA
 Winter 2012

Monday			
Time	Class	Instructor	Studio
6:00am	Hatha Yoga	Christel	2
8:00am	Pilates	Peggy	1
9:00am	Step	Shelly	1
10:00am	Interval Class	Sue	1
10:00am	Tai Chi For Health	Gretchen	2
10:00am	Zumba Gold	Shelly	Gym 1
11:00am	Zumba	Tara	1
11:00am	Yoga Flow	Norma	2
4:15pm	Shape Up	Diane	1
5:30pm	Y-Pump	Sarah	1
5:00pm	Iyengar Yoga	Sharryn	2
6:00pm	Iyengar Yoga	Sharryn	2
6:45pm	Y-Box	Holly	1

Thursday			
Time	Class	Instructor	Studio
6:00am	Pilates	Peggy	1
8:15am	Y-Pump	Sue	1
9:00am	Zumba	Heidi	1
10:00am	Cardio Hip-Hop	Devin	1
10:00am	Pilates	Cindy	2
11:00am	Yoga Flow	Norma	2
5:30pm	Kick Butt Cardio	Missy	1
6:00pm	Pilates	Linda	2
6:45pm	Zumba	Heidi	1

Monday	
Time	Instructor
9:00am	Julie
4:30pm	Randy

Thursday	
Time	Instructor
9:00am	Julie

Tuesday			
Time	Class	Instructor	Studio
6:00am	Pilates	Peggy	1
8:15am	Y-Pump	Sue	1
9:00am	Zumba	Shelly	1
10:00am	Cardio Hip-Hop	Devin	1
10:00am	Pilates	Cindy	2
11:00am	Ball Class	Georgia	1
11:00am	Iyengar Yoga	Sharryn	2
12:10pm	Mommy & Me Yoga	Sharryn	2
5:30pm	Kick Butt Cardio	Missy	1
6:00pm	Pilates	Linda	2
6:45pm	Zumba	Tara	1

Friday			
Time	Class	Instructor	Studio
6:00am	Pilates for Golf	Gary	1
8:00am	Pilates	Peggy	1
9:00am	Step	Shelly	1
10:00am	Y-Pump	Shelly	1
10:00am	Tai Chi For Health	Gretchen	2
10:00am	Zumba Gold	Heidi	Gym 1
11:00am	Zumba	Tara	1
11:00am	PIYO	Kaitlyn	2
4:15pm	Shape Up	Diane	1
6:00pm	TurboKick	Sherry	1

CYCLING SCHEDULE

Tuesday	
Time	Instructor
9:00am	Sue
4:30pm	Randy

Friday	
Time	Instructor
6:00am	Sandie
9:00am	Sue

Instructor subject to change

Wednesday			
Time	Class	Instructor	Studio
6:00am	Hatha Yoga	Christel	2
8:25am	Urban Express	Lisa	1
9:00am	Hoop It Up	Lynne	1
10:00am	Y-Pump	Julie	1
10:00am	Tai Chi	Norma	2
10:00am	Zumba Gold	Heidi	Gym 1
11:00am	Zumba	Tara	1
11:00am	Yoga	Theresa	2
4:15pm	Shape Up	Diane	1
5:30pm	Y-Pump	Sarah	1
6:30pm	PIYO	Kaitlyn	2
6:45pm	TurboKick	Kristen	1

Saturday			
Time	Class	Instructor	Studio
8:00am	Y-Pump	Cindy	1
9:00am	Pilates	Georgia	2
9:00am	Zumba	Heidi	1
10:00am	Y-Box	Missy	1
10:00am	Ab Blast	Georgia	2

Sunday			
Time	Class	Instructor	Studio
12:30pm	Instructors Choice	Rotation	1

Wednesday	
Time	Instructor
6:00am	Sandie
9:00am	Sue
4:30pm	Randy

Saturday	
Time	Instructor
9:00am	Randy

Sunday	
Time	Instructor
2:30pm	Randy