



DOWNTOWN Y GROUP EXERCISE CLASS SCHEDULE



February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning						
5:45am <u>Cycle Crunch</u> Cycle Studio Catherine	5:45am <u>Trek-Cycle</u> Camp Cardio Center Catherine	5:45am <u>Y Pump</u> Studio 3 Catherine	5:45am <u>Trek-Cycle</u> Camp Cardio Center Catherine	5:45am <u>Y Pump</u> Studio 3 Catherine		
	6:15am <u>Boxing</u> Multi Purpose Room Andrew		6:15am <u>Boxing</u> Multi Purpose Room Andrew			
Mid-Morning						
9:30am-10:15am <u>Muscular Strength</u> North Gym Robyn		9:30am-10:30am <u>Muscular Strength</u> North Gym Tammy		9:30am-10:15am <u>Muscular Strength</u> North Gym Tammy		
	11:30 am <u>Trek-Cycle</u> Camp Cardio Center Catherine		11:30 am <u>Trek-Cycle</u> Camp Cardio Center Catherine		10:00am <u>TurboKick</u> Studio 3 Doris	11:15am <u>TurboKick</u> Studio 3 Doris
Lunch						
12:10pm <u>Y Pump</u> Studio 3 Sue	12:10pm <u>Y Cycle</u> Cycle Studio Les	12:10pm <u>Y Pump</u> Studio 3 Sue	12:10pm <u>Y Cycle</u> Cycle Studio Catherine	12:10pm <u>Y Pump</u> Studio 3 Sue		
12:10pm <u>Y Cycle</u> Cycle Studio Tony	12:10pm <u>Chisel Circuit</u> Multi Purpose Room Catherine	12:10pm <u>Body Conditioning</u> Multi Purpose Room Carol	12:10pm <u>Pilates with a Punch</u> Studio 3 Shelly	12:10pm <u>Y Cycle</u> Cycle Studio Tony		
Evening						
5:30pm <u>Y Cycle</u> Cycle Studio Lauren	5:30pm <u>Y Pump</u> Studio 3 Lauren		5:30pm <u>Y Pump</u> Studio 3 Diana			