



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

WINTER 1 2012 January 3-February 19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No class January 16; GYM CLASSES CANCELLED February 17,18,19 due to Pickleball Tournament	5:30 am FIT Camp Gina	5:15am Beginner Boot Camp* Amanda	5:30am Total Body Circuit (60min) Jami	5:15am Beginner Boot Camp* Amanda	5:30am Body Flex Jami (60 min)		
Programs with an asterisk (*) are an additional fee. Register at the member service desk.	8:15am Fit Over 50 Mary Jane		8:15am Fit Over 50 Mary Jane				
All Adult Fitness class participants must be at least 13 years old to participate.	9:00am 5k to 5k* Susan (60 min) Starts Feb 27	5:45am Abs (15 min) Pattie R (WC)	9:00am Women on Weights (CR) Susan (limit 8)	8:15am Forever Strong Paula	7:30am Fit Over 50 (30 min) Mary Jane	8:00am Intermediate Step Amy J	8:00am Yoga (75 min) Kristen No class 2/19
To avoid injury due to a lack of warm-up, please do not enter classes more than 10 minutes late.	9:15am TurboKick® Patty Mc.	8:15am Forever Strong Patty Mc.	9:15am Tabata Patty Mc.	9:00am Athletic Yoga Allison (CR)	8:15am Zumba Gold® Tess	8:00am 5k to 5k* Marta (60 min) Starts Feb 25	
All classes are 45 min in length unless other wise noted.	9:45am Abs (15 min) Laura (WC)	9:15am Zumba® Patty B.	9:45am Abs(15 min) Laura (WC)	9:15am 20/20/20 Patty Mc.	9:00am Yoga (60 min) Amanda (CR) No class 1/6	9:15am Couch to 5k* Marta Starts Feb 25	
To receive emails with up to date important Greater Glenville Family YMCA announcements, log onto www.cdymca.org and enter your email address in the member alert section.	10:05am Couch to 5k* Susan Starts Feb 27	9:15am Pilates Linda (CR)	10:05am Body Sculpting Patty Mc.	5:45pm Body Flex Amy N	9:15am Body Flex Amy N.		
Youth and Family classes require sign up. Please see the front desk.	10:05am Body Sculpting Allison	10:15am Tai Chi * Carol (CR)	11:00am Silver Sneakers Strength/ROM Patty Mc.	6:15pm Music, Movement & Stretch* Kaleigh (30min)	10:05am Yoga/Pilates Fusion Amy N		
	12:00pm Silver Sneakers Strength/ROM Mary Jane		6:00pm Intermediate Step w/Sculpt Amy J.	6:35pm Yoga/Pilates Fusion Amy N	10:30 (60min) Gentle Yoga for Active Older Adults Amanda (CR) No class 1/6		
	5:40pm Family Fitness Fun* Steph (30min)	6:30pm FIT Camp (60min) Gina		6:50pm Hip Hop* Kaleigh R	5:30pm Zumba® Lora No class 1/27 Join us for Zumba For a Cause!!!		
	6:15pm Tabata (60min) Patty Mc.		7:30pm Yoga (60min) Kristen (CR)				



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