



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEBRUARY 2018
CORDOVA FAMILY YMCA

GROUP EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am		BodyPump@ Teresa (GFS)		BodyPump@ Teresa (GFS)			
8:00am	Tai Chi Jayni (G)	Y Trek Kim (WF)	Tai Chi Jayni (G)		Tai Chi Jayni (G)		
8:00am	Body Sculpt Faye (GFS)	Beginner Tai Chi Jayni (GFS)		Beginner Tai Chi Jayni (MB)			
8:15am				Y Move Christine (GFS)		Y Trek Ashley (WF)	
9:00am	SS Yoga Leigh Anne (G)		Kickboxing Christine (GFS)	Y Power Christine (GFS)	Y Step Catherine (GFS)		
9:00am	HIIT Michelle (GFS)						
9:15am		BodyPump@ Kelly/Ashley (GFS)				BodyPump@ Ashley (GFS)	
10:00am	Vinyasa Yoga Michelle (MB)		Vinyasa Yoga Christine (MB)	Yogalates Ashley (MB)	Pilates Christine (MB)		
10:00am	Y Power Senior Kim (GF)						
10:15am	Line Dance Catherine (G)	SS Classic Christine (G)	SS Yoga Kim (G)	SS Circuit Kim (G)	SS Yoga Katie(G)	Pilates Peggy/Rachel (MB)	
10:15am		Y Barre @10:30am Racheal (GFS)			Zumba@ Gold Lovie (GFS)	Zumba@ Diana/Selena(GFS)	
12:00pm	Cardio, Strength, Core Ashleigh (GFS)	YIN Yoga Christine (GFS)	HIIT Kim (GFS)	YIN Yoga Christine (GFS)	Cardio, Strength, Core Ashleigh (GFS)		
2:00pm				@ 12:30 pm (MBS) AOA Activities			BodyPump@ Teresa/Kelly (GFS)
3:15pm							Zumba@ Toning Selena (GFS)
5:00pm				Y Barre (GFS) AshleyAshleigh			
5:30pm	Zumba@ Kayla (GFS)	Kids Fit Kim (G)		Kids Fit Kelly/Cody(G)	Y Yoga Katie (MB)		
5:30pm	Kids Fit Kim (G)	BodyPump@ Kelly (GFS)					
5:45pm							
6:00pm			Zumba@ Nick/Janna (GFS)	Y Move Ashleigh/Kelly(GFS)			
6:30pm	PiYo@ Live Shayla (GFS)	Yoga Katie/Kelly (MB)		PiYo@ Live Shayla/Kelly (GFS)			
7:15pm		Kickboxing @630 Michelle (GFS)	Y Cross Training Jose (GFS)				
7:30pm	Blues City Dance \$ Lisa (GFS)	Karate \$ Bobby/William (GFS)		Karate \$ Bobby/William			

Y-CYCLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	Y-Cycle Theresa/Rob (CS)		Y Cycle Micheal (CS)		Y Cycle Susan (CS)		
9:00am	Y-Cycle Christine (CS)		Y Cycle Gina (CS)		Y-Cycle Christine (CS)	Y-Cycle Karin (CS)	
5:30pm	Y-Cycle Rob/Dawn (CS)		Y Cycle Christy/Jenn (CS)				
6:00pm				Y Cycle Cathy (CS)			

- Mind/Body
- Cardio
- Specialty
- Dance
- Strength
- Water

Class Location:

GFS Group Fitness Studio CS Cycle Studio MB Mind/Body Studio G Gymnasium
WF Wellness Floor \$ Fee Required

☆ Denotes a change in class from previous month