



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

February 2018  
**NUBER YMCA**

**GROUP EXERCISE CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Bootcamp Kim (GFS) ★	Y-Cycle/Y-Core Ronda (CS)	Bootcamp Ronda (GFS)	Y-Cycle/Y-Core Ronda (CS)	BodyPump® Jocelyn (GFS)		
7:30am			Y-Stretch Lettie (GSF) ★				
8:15am						BodyPump® Helen/Shey (GFS)	
8:30am	Y-Barre Lettie (AX) ★		Y-Barre Lettie (GFS)				
8:30am	Zumba Answorth (GFS)			Bootcamp Ronda (GFS)			
9:30am	Step Megan (GFS)	Body Pump ® Helen (GFS)	HIIT Meredith (GFS)	Body Pump ® Helen (GFS)	Y-Yoga Jimmie (GFS)	Y-Barre Carrie (GFS)	
9:30am				Pilates Cheryl (AX)			
10:30am	TRX -\$ Ronda (PTS,30min)						
10:30am	Y-Yoga Diane (GFS)	Pilates Carrie (GFS)	Y-Yoga Diane (GFS)	Line Dancing Answorth (GFS)	Silver Sneaker Circuit ® Jimmie (GFS)	Zumba Paxton (GFS)	
11:30				Tai Chi Linda (GFS)	Y-Yoga Diane (GFS)		
12:00	Silver Sneaker Circuit ® Jimmie (GFS)	Line Dance Answorth (GFS)	Silver Sneaker Circuit® Diane (GFS)				
1:00 pm	Silver Sneaker Circuit® Diane (GFS)	Silver Sneaker Yoga ® Jimmie (GFS)		Silver Sneaker Yoga® Jimmie (GFS)			
2:30pm							Y-Yoga Diane (GFS)
4:00pm	Pilates Lettie (GSF)		Pilates Carol (GFS)				
4:30pm		Y-Power Megan (GFS)		Y-Power Meredith (GFS)			
5:00pm	HIIT Billy (GFS)		Zumba ® Answorth (GFS)		Bootcamp Helen (GFS)		
5:30pm		Step Debra (GFS)		Zumba ® Answorth (GFS)			
6:00pm	Body Pump ® Helen (GFS)		Body Pump ® Shey (GFS)				
6:30pm		Y-Yoga Debra (GFS)		BodyPump® Carrie (GFS)			
7:00pm	Zumba ® Shallon (GFS)		Y-Yoga Diane (GFS)				
7:30 pm		Tai Chi Linda (GFS)					

See back for Cycle, Aquatic and Youth class times.

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

**Class Location:**

GFS Group Fitness Studio CS Cycle Studio P Pool  
PTS Personal Training Studio AX Annex building WC Wellness Center

★ Denotes a change in class from previous month



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

February 2018  
**NUBER YMCA**

Y-CYCLE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am		Y-Cycle/Y-Core Ronda (CS)		Y-Cycle/Y-Core Ronda (CS)			
8:15 am					Y-Cycle/Y-Core Ronda (CS)		
8:30 am		Y-Cycle/Y-Core Ronda (CS)	Y-Cycle Helen (CS) (30mins)				
9:30 am						Y-Cycle Helen (CS) (30 mins) ★	
10:30am		Y-Cycle Helen (CS) (30mins)		Y-Cycle Helen (CS) (30mins)			
1:30pm							Y-Cycle Carrie (CS)
5:15pm	Y-Cycle Helen (CS) (30mins)		Y-Cycle Shey (CS) (30mins) ★				
5:30pm		Y-Cycle Don (CS)		Y-Cycle Carrie (CS)			

Aqua Classes							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Early Bird Water Fit Mattie (P)	Early Bird Water Fit Mattie (P)	Early Bird Water Fit Mattie (P)	Early Bird Water Fit Mattie (P)	Early Bird Water Fit Mattie (P)		
8:30am						Aqua Zumba Monica (P)	
9:30am	Aqua Blast Patty (P)	Shallow Water Fit Mattie (P)	Aqua Blast Patty (P)	Shallow Water Fit Mattie (P)	Shallow Water Fit Mattie (P)	Aqua Bootcamp Mattie (P) ★	
10:30am		Deep Water Fit Mattie (P)	Deep Water Workout Lisa (P) ★	Deep Water Fit Mattie (P)	Deep Water Fit Mattie (P)		
5:30pm	Shallow Water Fit Mattie (P)						

Youth Fitness Classes							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:45am	Fitness School		Fitness School		Fitness School		
5:00pm		Y-Fit Kids					
5:30pm	Youth Strength and Stretch			Youth Strength and Stretch			

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

**Class Location:**

GFS Group Fitness Studio CS Cycle Studio P Pool  
PTS Personal Training Studio AX Annex building WC Wellness Center

★ Denotes a change in class from previous month