



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

JANUARY 2018  
**NUBER YMCA**

**GROUP EXERCISE CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Boot camp Kim (GFS) ★		Bootcamp Ronda (GFS)		BodyPump® Jocelyn (GFS)		
7:30am	Y-Stretch Lettie (GSF) ★		Y-Stretch Lettie (GSF) ★				
8:15am						BodyPump® Helen/Shey (GFS)	
8:30am	Y –Barre Lettie (AX) ★						
8:30am	Zumba Answorth (GFS)		Y –Barre Lettie (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 - \$ Julie (GFS)	Pilates Carrie (GFS)	TRX - \$ Julie (GFS)	Line Dancing Answorth (GFS)		Zumba Paxton (GFS)	
10:30am			Y-Yoga Diane (GFS)		Silver Sneaker Circuit ® Jimmie (GFS)		
10:30am	Y-Yoga Diane (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)		Boot Camp Helen (GFS)		
5:30pm		Step Debra (GFS)		Zumba ® Answorth (GFS)			
6:00pm	Body Pump ® Helen (GFS)		Body Pump ® Shey (GFS)				
6:30pm		Y-Yoga Diane (GFS)		Y-Step Laura (GFS)			
7:00pm	Zumba Shallon (GFS)		Y-Yoga Diane (GFS)				
7:15pm				BodyPump® Carrie (GFS)			
7:30 pm		Tai Chi Linda (GFS)					

- 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



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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 Express Helen (CS)				
9:15am						Y-Cycle Melissa (CS)	
10:30am		Y-Cycle Express Helen (CS)		Y-Cycle Express Helen (CS)			
1:30pm							Y-Cycle Carrie (CS)
5:15pm	Y-Cycle Express Helen (CS)						
5:30pm		Y-Cycle Don (CS)		Y-Cycle Carrie (CS)			

Aqua Classes							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Early Bird Water Matte (P)	Early Bird Water Matte (P)	Early Bird Water Matte (P)	Early Bird Water Matte (P)	Early Bird Water Matte (P)		
7:15am	Early Bird Water Matte (P)				Early Bird Water Matte (P)		
8:30am						Aqua Zumba Monica (P)	
9:30am	Aqua Blast Patty (P)	Shallow Water Matte (P)	Aqua Blast Patty (P)	Shallow Water Matte (P)	Shallow Water Matte (P)		
10:30am		Deep Water Matte (P)	Deep Water Power Lisa (P) ★	Deep Water Matte (P)	Deep Water Matte (P)		
5:30pm	Shallow Water Boot camp Mattie (P)						
6:00pm		Water Power Melissa (P)	Aqua Blast Lisa (P) ★	Water Power Melissa (P)			
7:30pm							

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			

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- Cardio
- Specialty
- Dance
- Strength
- Water

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