

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Summer 2009 Fitness Schedule

Sunday June 28<sup>th</sup> – Saturday September 27<sup>th</sup>

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6:30-7:30am Boot Camp Patty/Moody		6:15-7:00am Cycling Cheryl		6:30-7:30am Boot Camp Patty/Moody		6:15-7:00am Cycling Cheryl					
8:30-9:00am Ab Lab Patty/Moody		8:45-9:45am Body Conditioning Mary		8:30-9:00am Ab Lab Emily		8:45-9:45am Body Conditioning Mary		8:30-9:00am Ab Lab Emily		8:00-8:45am Cycling Jen/Craig	
9:00-10:00am Into Action Karen	9:00-9:45am Cycling Robin	9:00-10:00am Tai Ch Russ		9:00-10:00am Into Action Karen	9:00-9:45am Cycling Mary	9:00-9:45am Tai Chi Russ		9:00-10:00am Into Action Karen	9:00-9:45am Cycling Robin	9:00-10:00am Gentle Yoga Cheryl	
10:00-10:30am Stretch Karen		9:45-10:45am Yoga Rozella		10:00-10:30am Stretch Karen		9:45-10:30am Meditation Russ		10:00-10:30am Stretch Karen			
10:45-11:30am Silver Sneakers® I <i>Muscle Strength</i> Robert				10:45-11:30am Silver Sneakers® I <i>Muscle Strength</i> Robert		10:30-11:30am Beginning Tai Chi Russ		10:45-11:30am Silver Sneakers® I <i>Muscle Strength</i> Robert			
		12:00-12:45pm Cycling Diane		12:00-1:00pm PiYo Jen		12:00-12:45pm Cycling Jason		12:00-1:00pm Yoga Rozella			
4:45-5:15pm Ab Lab Emily				4:45-5:15pm Ab Lab Emily							
5:15-6:15pm Body Conditioning Jody	5:30-6:25pm Cycling Mary	4:30-6:00pm Shotokan Karate Louis	5:15-6:00pm Core Pilates Jen	5:30-6:30pm Kenpo Karate Don	5:30-6:25pm Cycling Jen	4:30-6:00pm Shotokan Karate Louis	5:15-6:15pm Body Conditioning Jody			9:30-10:30am Cycle & Sculpt Diane	
6:20-7:30pm Beginning Yoga Cheryl		6:15-7:30pm Intermediate Yoga Cheryl		6:30-7:30pm Tai Chi Russ							

Location Key:		
Main Gym =	<input type="checkbox"/>	Specialty Fitness = <input type="checkbox"/>
		Cycling Room = <input type="checkbox"/>