

# Y GSB Group Fitness Class Schedule Y

Effective July 5, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00 <b>Iron Spin</b> w/ Doug	6:00 - 6:50 <b>SPIN</b> w/ Carolyn		6:00 - 6:50 <b>SPIN</b> w/ Carolyn			8:30 - 9:30 Yoga-Lates w/ Karen (D.S.)
8:00 - 9:00 <b>Cardio Sculpt</b> w/ Kelly	8:00 - 8:45 <b>SPIN</b> w/ Elizabeth	8:00 - 9:00 <b>Cardio Sculpt</b> w/ Kelly	8:00 - 9:00 <b>YOGA FLOW</b> w/ KIM (DS)	8:00 - 9:00 <b>Body Sculpt</b> w/ Elizabeth	7:55 - 9:10 <b>YOGA FLOW</b> Mary Ann (D.S.)	8:30 - 9:30 <b>SPIN</b> w/ Elizabeth
9:15 - 10:00 <b>SPIN</b> w/ Diane	8:00 - 8:55 <b>Yoga Flow</b> Mary Ann (D.S.)	9:00 - 9:55 <b>IMX Pilates</b> w/ Connie (D.S.)	8:15 - 9:00 <b>SPIN</b> w/ Elizabeth	8:15 - 9:00 <b>IMX</b> <b>Pilates</b> w/ Connie (D.S.)	8:15 - 9:00 <b>SPIN</b> w/ Elizabeth	9:30 - 10:30 <b>SCULPT</b> w/ Elizabeth
10:00-11:15 <b>Power</b> <b>Yoga</b> w/ Karen (D.S.)	9:15 - 10:10 <b>Cardio Sculpt</b> w/ Elizabeth	9:15 - 10:15 <b>Cardio Kick</b> w/ Laurie	9:15 - 10:15 <b>ZUMBA</b> w/ Danica	9:15 - 10:15 <b>Cardio Kick</b> w/Laurie	9:15 -10:00 <b>Super Step</b> w/ Elizabeth	9:30 - 10:30 <b>ZUMBA</b> w/ Danica (D.S.)
10:15-11:00 <b>Body Sculpt</b> w /Laurie	10:15 - 11:15 <b>Active Olders</b> w/ Elizabeth	10:15 - 11:00 <b>Abs-N- Arms</b> w/ Connie	9:15 - 10:00 <b>Cardio Sculpt</b> w/ Elizabeth (D.S.)	10:15 - 11:15 <b>Body Sculpt</b> w/ Corrine	10:00 - 11:00 <b>Body Sculpt</b> w/ Laurie	10:30-11:30 <b>Cardio</b> <b>Sculpt</b> w/ Laurie
11:00 - 12:00 <b>Gentle Yoga</b> w/ Kim	11:15 - 12:00 <b>Silver</b> <b>Sneakers</b> w/ Christine	11:00 - 12:00 <b>Gentle Yoga</b> w/ Kim	10:15- 11:10 <b>Active Olders</b> w/ Penni	11:15 - 12:15 <b>Gentle Yoga</b> w/ Kim		
			11:15 - 12:00 <b>Silver Sneakers</b> w/ Christine			
<b>P.M. Schedule</b>						
5:00 - 6:15 <b>Power Yoga</b> w/ Mary Ann (D.S.)	5:15 - 6:15 <b>Restorative</b> <b>Yoga</b> w/Beverly	5:15- 6:00 <b>ZUMBA</b> w/ Gina	5:15 - 6:15 <b>SPIN</b> w Laurie/Eliz	<ul style="list-style-type: none"> <li>- All Classes subject to change.</li> <li>- <b><u>DO NOT ENTER A CLASS ALREADY IN PROGRESS</u></b></li> <li>- Please arrive early and bring water and a towel.</li> <li>- <b><u>ALL CLASSES ARE IN THE LOFT UNLESS INDICATED.</u></b></li> <li>- D.S. is the 2<sup>nd</sup> floor Dance Studio</li> <li>- F.C. is the 1<sup>st</sup> floor Fitness Center</li> <li>- Gym is the 2<sup>nd</sup> floor gymnasium</li> </ul>		
5:30 - 6:30 <b>Cardio</b> <b>Conditioning</b> w/ Nicole	6:15 - 7:15 <b>Cardio</b> <b>Boot Camp</b> w/ Nicole	6:00 - 7:00 <b>Cardio Sculpt</b> w/ Bianca	6:15 - 7:00 <b>H.E.A.T</b> w/ Bianca			
6:30 - 7:30 <b>Cardio Sculpt</b> w/ Bianca	7:15 - 8:00 <b>Cardio Kick</b> w/ Nicole	7:00 - 7:45 <b>SPIN</b> w/ Laurie	7:00 - 7:45 <b>Cardio Sculpt</b> w/ Bianca			
7:30 - 8:30 <b>ZUMBA</b> w /Gina		7:30 - 8:30 <b>Yoga Flow</b> Mary Ann (DS)	8:00 - 9:30 <b>Yoga Flow</b> w/ Kim			

## YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.