

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Thanksgiving OPEN

NOVEMBER

7:00 am - 10:00 am

Cycling

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
5:45 - 6:25 am	Group Cycling Jim	Group Cycling Tom		Group Cycling Jim	Group Cycling Tom		
7:15 - 8:45 am						90-Minute Group Cycling Alt. Instructors	
9:00 - 9:45 am					Group Cycling Jennifer/Michelle	Group Cycling Geri	
10:00 - 10:30 am						Group Cycling Fundamentals Geri	
12:00 - 12:45 pm	Group Cycling Annette / Denise		Group Cycling Michelle K.		Group Cycling Jackie		
1:00 - 1:45 pm							Group Cycling Gary
5:30 - 6:15 pm	Group Cycling Bev		Group Cycling Gary / Geri		Group Cycling Tim		
5:45 - 6:30 pm		Group Cycling Mike		Group Cycling Carrie			
6:30 - 7:15 pm	Begin Group Cycling Tim		Begin Group Cycling Michelle D.				

Land

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
6:30 - 7:15 am		Yoga Maria		Yoga Charity			
7:30 - 8:30 am						Yoga Maria	
9:00 - 10:00 am						Cardio Blast Jackie	
9:15 - 9:55 am	Combo Renee	Step Michelle	Cardio Blast Renee				
9:15 - 10:15 am				Cardio Blast Mandi	Kick Boxing Tina		
10:00 - 10:45 am	Toning Renee	Begin Pilates Becky	Abs, Back & Glutes Jennifer		PiYo Jessica		
12:00 - 12:45 pm	Strength and Stretch Angie	Healthy Hearts Angie	Strength and Stretch Angie	Healthy Hearts Michelle	Strength and Stretch Denise		
2:00 - 3:00 pm							Power Pump Alt. Instructors
5:30 - 6:25 pm	Step Jessica	Power Step Tiffany	Kick Boxing Tessa	Cardio Blast Pam			
5:45 - 6:45 pm					Dance Aerobics Rebecca		
6:35 - 7:25 pm	Power Pump Jessica / Geri	Yoga Maria	Power Pump Caroline / Geri	Yoga Manjit			
7:35 - 8:25 pm	Step Rosi		Cardio Blast Rebecca				

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WATER

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
5:45 – 6:30 am	<i>H₂O Combo</i> Michelle		<i>H₂O Combo</i> Jodi		<i>H₂O Power</i> Jodi		
8:15 – 9:00 am	<i>H₂O Combo</i> Michelle	<i>H₂O</i> Barb	<i>H₂O Combo</i> Denise	<i>H₂O Power</i> Michelle	<i>H₂O Combo</i> Ann		
9:00 – 9:45 am						<i>H₂O Power</i> Anne/Larry	
10:30 - 11:00 am	*** Arthritis Denise		*** Arthritis Denise		*** Arthritis Sally		***Extra Fee
1:00 – 1:45 pm	<i>Young at Heart</i> Denise	<i>Young at Heart</i> Michelle	<i>Young at Heart</i> Michelle	<i>Young at Heart</i> Caroline	<i>Young at Heart</i> Denise		
5:00 – 5:45 pm							<i>H₂O Combo</i> Amanda/ Caroline
5:45 – 6:45 pm	<i>H₂O / Toning</i> Rebecca	<i>H₂O Power / Toning</i> Cathi	<i>H₂O / Toning</i> Cathi	<i>H₂O Power / Toning</i> Rolayne			
7:00 – 7:45 pm		<i>AiChi</i> Madonna		<i>AiChi</i> Jamie			