Town North YMCA Fitness Class Schedule (updated September 7, 2010)

MONDAY

	5:30 AM	50m	Boot Camp	Mark	G
*	5:45 AM	50m	Indoor Cycling	Marilyn	I.C.
	6:00 AM	50m	Cardio Muscle	Sharon/Marlyn	MP1
S	7:00 AM	60m	Muscle Flex	Sharon	MP1
	8:00 AM	50m	Power Yoga	Karine	MP2
*	8:00 AM	50m	Indoor Cycling	Marilyn	I.C.
LAF	8/9:00 AM	50m	Walk /Relaxation Techniq	David	Lobby
LAF	9:00 AM	25m	Core & Flexibility	Tiffany	MP1
LAF	9:30 AM	50m	Low Impact Aerobics	Tiffany	G
*	9:30 AM	50m	Praise & Pedal	Kathy	I.C.
S	9:30 AM	50m	Glide-n-Sculpt	Lisa	MP1
S	9:30 AM	50m	Cardio Bosu	Marlyn	MP2
	10:30 AM	50m	Yoga	David	MP2
S	10:30 AM	50m	Zumba	Christine	MP1
*	11:00 AM	50m	Indoor Cycling	Larry	I.C.
*	12:00 PM	50m	Indoor Cycling	Tyler/Molly	I.C.
	4:30 PM	50m	Cardio Muscle	Marlyn	MP1
LAF	5:30 PM	50m	Pilates	Karen	MP1
*	5:30 PM	50m	Indoor Cycling	Betty	I.C.
S	6:00 PM	50m	Ultimate Dance	Marla	G
*	6:30 PM	50m	Indoor Cycling	Betty	I.C.
	6:30 PM	50m	Power Yoga	Sandy	MP1

THURSDAY

*	5:45 AM	50m	Heart Zones Cycling	Mary-C	I.C.
LAF	6:00 AM	50m	Yoga	Sandy	MP1
	6:00 AM	50m	Tri-Swim	Jason	Pool
S	8:00 AM	50m	Muscle Flex	Kim	MP1
S	8:30 AM	50m	Ultimate Dance	Marla	MP2
*	8:30 AM	50m	Indoor Cycling	Terri	MP1
LAF	9:00 AM	25m	Core & Balance	Tiffany	MP1
LAF	9:30 AM	50m	Pilates	Lise	MP2
LAF	9:30 AM	50m	Low Impact Aerobics	Carol	G
	9:30 AM	50m	Kickboxing	Tiffany	MP1
LAF	10:30 AM	50m	Yoga	David	MP2
S	10:30 AM	50m	Zumba	Christine	MP1
	10:30 AM	45m	Grand Shakers	Lyla	G
*	11:00 AM	50m	Indoor Cycling	Larry	I.C.
LAF	11:15 AM	45m	Easy Yoga	Lyla	G
*	12:00 PM	50m	Indoor Cycling	Molly	I.C.
	4:30 PM	50m	Power Yoga	Julie	MP1
*	5:30 PM	50m	Indoor Cycling	Betty	I.C.

TUESDAY

*	5:45 AM	50m	Heart Zones Cycling	Mary-C	I.C.
LAF	6:00 AM	50m	Yoga	Sandy	MP1
	6:00 AM	50m	Tri-Swim	Jason	Pool
S	8:00 AM	50m	Muscle Flex	Shelley	MP1
*	8:30 AM	50m	Indoor Cycling	Kim	I.C.
LAF	9:00 AM	25m	Core & Balance	Tiffany	MP1
S	9:30 AM	50m	Cardio Muscle	Tiffany	MP1
LAF	9:30 AM	50m	Pilates	Lise	MP2
	9:30 PM	50m	Low Impact Aerobics	Christa	G
S	10:30 AM	50m	Zumba	Christa	MP1
	10:30 AM	45m	Grand Shakers	Lyla	G
LAF	11:15 AM	45m	Easy Yoga	Lyla	G
	12:00 PM	50m	Kickboxing	Molly	MP1
*	12:00 PM	50m	Indoor Cycling	Marty	I.C.
	5:00 PM	50m	Power Yoga	Mary	MP2
*	5:30 PM	50m	Indoor Cycling	Betty	I.C.
	5:45 PM	50m	Kickboxing	Molly	MP1
	6:00 PM	50m	Tai Chi	Mark H.	MP2
S	7:00 PM	50m	Cardio Muscle	Marlyn	MP1

***** **Pass required before attending**
S **Sign up required before attending**
LAF **Lance Armstrong Foundation**

FRIDAY

*	5:45 AM	50m	Indoor Cycling	Marilyn	I.C.
	6:00 AM	50m	Cardio Muscle	Marlyn	MP1
	6:00 AM	50m	Running Club	Jason	Lobby
	7:00 AM	50m	Pilates	Karen	MP1
*	8:00 AM	50m	Indoor Cycling	Marilyn	I.C.
S	8:15 AM	60m	Step	Marlyn	MP1
*	9:30 AM	50m	Indoor Cycling	Tyler	I.C.
LAF	9:30 AM	50m	Low Impact Aerobics	Lisa	G
S	9:30 AM	50m	Bosu Flex	Sharon	MP1
S	9:30 AM	50m	Turbo Kick	Angela	MP2
	10:30 AM	50m	Power Yoga	Julie	MP2
S	10:35 AM	50m	Zumba	Linda	MP1
	12:00 PM	50m	Yoga	David	MP2
*	12:00 PM	50m	Indoor Cycling	Marty	I.C.
S	5:00 PM	50m	Muscle Flex	Shelley/Mary	MP1
			Child watch closed		

WEDNESDAY

	5:30 AM	50m	Boot Camp	Mark	G
*	5:45 AM	50m	Indoor Cycling	Marilyn	I.C.
	6:00 AM	50m	Running Track	Jason	Lobby
	6:00 AM	50m	Yoga	Sandy	MP1
*	8:00 AM	50m	Indoor Cycling	Marty	I.C.
S	8:10 AM	50m	Muscle Flex	Sharon	MP1
S	8:30 AM	50m	Zumba	Christine	MP2
S	9:30 AM	75m	Cardio Party +	Angela	MP1
*	9:30 AM	50m	Praise & Pedal	Kathy	I.C.
LAF	9:30 AM	50m	Low Impact Aerobics	Lise	G
	9:30 AM	50m	Boot Camp	Kim	MP2
LAF	10:30 AM	50m	Yoga	Martha	MP2
*	12:00 PM	50m	Indoor Cycling	Molly	I.C.
	4:30 PM	50m	Cardio Muscle	Marlyn	MP1
LAF	5:30 PM	50m	Pilates	Shelley	MP1
*	6:00 PM	50m	Indoor Cycling	Kathy	I.C.
S	6:00 PM	50m	Zumba	Brandi/Christine	MP2
LAF	7:00 PM	50m	Yoga	Anne	MP2

SATURDAY

*	7:15 AM	50m	Indoor Cycling	Kathy	I.C.
	8:00 AM	50m	Kickboxing	Marlyn	MP1
LAF	8:00 AM	50m	Pilates/Yoga Fusion	Shelley	MP2
*	8:15 AM	50m	Indoor Cycling	Kathy	I.C.
LAF	9:00 AM	25m	Core & Balance	Marlyn/Shelley/Molly	MP1
S	9:00 AM	50m	Zumba	Brandi	MP2
	9:00 AM	50m	Kid's Hip Hop 7-12	Claudette	MP4.
*	9:30 AM	50m	Indoor Cycling	Molly	I.C.
S	9:30 AM	60m	Cardio Muscle	Marlyn	MP1
S	10:00 AM	50m	Jam Fit	Claudette	G
*	10:30 AM	50m	Indoor Cycling	Marty	I.C.
	11:00 AM	50m	Yoga	Sandy	MP1
	12:00 PM	50m	Power Yoga	Sandy	MP1

SUNDAY

	3:00 PM	50m	Power Yoga	Angie	MP1