

**JF Hurley Family YMCA Group Exercise schedule. Aerobic room schedule front**



The YMCA will be CLOSED the 4th of July! Happy 4th!

Multi purpose room schedule on back of this form!!!



MONDAY				WEDNESDAY			
A.M.	ROOM	CLASS	INSTRUCTOR	A.M.	ROOM	CLASS	INSTRUCTOR
5:50-6:45	A	POWER FLEX	STEVE	5:50-6:45	A	POWER FLEX	STEVE
7-8	Lobby	Walking CLASS	Donnie	7-8	Lobby	Walking CLASS	Donnie
8-8:55	A	Esterciz	ESTER	8-8:55	A	Esterciz	ESTER
9-10AM	A	Intense cardio mix	ROBIN	9-10AM	A	Intense cardio mix	ROBIN
10:05-11AM	A	Cardio mix	HELENA	10:05-11AM	A	ZUMBA GOLD	HELENA
11:05-12:05		BODYVIVE	Michelle	11:05-12PM	A	HI-LO AND BATH	HELENA
P.M.				P.M.			
11:30-12PM	MP	EXTREME ABS with	MARTI	11:30-12PM	MP	EXTREME ABS with	MARTI
12:15-1:15	A	BODY PUMP	MARTI	12:15-1:15PM	A	BODYPUMP	TAMMY
1:30-2:15PM	A	Body movement	HELENA	1:30-2:15	A	Body movement	HELENA
3-3:55	A	Beginners yoga	TIM	3-3:55	A	Beginners yoga	TIM
4-5PM	A	Body Combat	AMY	4-5PM	A	Body Combat	AMY
5:15-6PM	MZ	Biking class	Cindy, Carmen	5-6PM	MP	ZUMBA	CAROL
5:25PM-6:25	A	BODYVIVE	JANET	5:15-6	MZ	Biking class	Joe Campora
6:30-7:25PM	A	Step mix	BEVERLY	5:25-6:25	A	BODYVIVE	JANET
				6:30-7:30	A	BODYFLOW!	GREER
TUESDAY				THURSDAY			
A.M.	ROOM	CLASS	INSTRUCTOR	A.M.	ROOM	CLASS	INSTRUCTOR
6-6:45AM	MZ	BIKE	HOLLY NEW instructor!	6-6:45AM	MZ	BIKE	HOLLY NEW instructor!
7AM	Lobby.	Beginners running class	Donnie	7AM	Lobby.	Beginners running class	Donnie
8-8:55AM		Estelatte	Ester	8-8:55AM		Estelatte	Ester
9-9:45	MZ	Biking class	Joe	9-9:45	MZ	Biking class	Joe
9-9:55	A	Chair Yoga	Gail	9-9:55	A	Chair Stretch 'n Tone	Gail
10-11	A	Cardio Pump/Body Combat	SHERRY/MARTI	10-11	A	Cardio Pump/Body Combat	SHERRY/MARTI
11:05-12:05	A	BODYSTEP	MICHELLE	11:05-12:05	A	BODYSTEP	MICHELLE
12:15-1:15		BODYFLOW	Michelle	12:15-1:15		BODYFLOW	Michelle
P.M.				P.M.			
3:50-4:50	A	BODYVIVE	GREER	3:50-4:50	A	BODYVIVE	GREER
4:55-5:55		BODYPUMP	TAMMY	4:55-5:55	A	BODY PUMP	GREER
5:30-6:30PM	MP	ZUMBA!	Yolanda!	5:30-6:30PM	MP	ZUMBA!	Yolanda!
6:00-7:00PM	A	Bryan's Bootcamp!	Bryan	6:00-7:00PM	A	Bryan's Bootcamp!	Bryan
7:15-8:10	A	ADVANCED TAI CHI	TIM	7:15-8:10PM	A	BEGINNING TAI CHI	TIM
FRIDAY				SATURDAY			
A.M.	ROOM	CLASS	INSTRUCTOR	A.M.	ROOM	CLASS	INSTRUCTOR
5:50-6:45	A	POWER FLEX	STEVE	8:15-9:00	MZ	BIKE CLASS	JOE HALL NEW!!
7-8	Lobby	Walking	Donnie	9-9:55	A	BODYCOMBAT/kick box	Sherry, Jennifer, Marti M, Katrena
8-8:55	A	Esterciz	ESTER	10-10:55A		Body Step/ Step	Kelly L, Beverly, Michelle, Janet, Carmen
9-10AM		Intense cardio mix	ROBIN	11-12:30PM		BODYPUMP NEW	actual class=11AM technique AFTER
10:05-11AM	A	Zumba Gold Tonec	Helena	Rotating instructors are Marti M, Marti B, Tammy, Greer, Kelly L 12:15-12:30 more technique if needed.			
11:05-12:05	A	BODYVIVE	MICHELLE				
12:15-1:15	A	BODY PUMP	MARTI				
1:30-2:15	A	Body movement	HELENA				
3-3:55	A	Beginners yoga	TIM				
4-4:55	A	Body Combat	AMY				
5:15-6:15PM	A	BODYSTEP	KELLY L/SUZANNE				
				SUNDAY			
P.M.	ROOM	CLASS	INSTRUCTOR				
3-4PM	A	STEP MIX	Emily, Beverly, Katrena, Carmen				

1st time for BODY PUMP? We highly recommend to take Saturdays class first!

Because there are lots of programs offered here at the YMCA, we sometimes have to move a class or even cancel some.

We appreciate your patience and understanding. THANK YOU!

**THE YMCA RESERVES THE RIGHTS TO CANCEL A CLASS WITH LESS THAN 5 PARTICIPANTS**

# Multi Purpose room and Mezzanine schedule!

A=AEROBICS ROOM	Adequate hydration is highly recommended for
MP=MULTI PURPOSE ROOM	all classes.
MZ=MEZZANINE	For Bike classes seat pads or bike shorts are
FC=FITNESS CENTER	highly recommended.

## JULY 2010



MONDAY	WEDNESDAY
9-10AM MP Yoga/Stretch <i>FRANCES</i>	9-10AM MP Yoga/Stretch <i>FRANCES</i>
11:30-12PM In MP EXTREME ABS with MARTI	11:30-12PM In MP EXTREME ABS with MARTI
P.M.	P.M.
6-7PM Track Conditioning with Kamali	5-6PM MP <u>ITS BACK!!</u> ZUMBA CAROL
7:05-8:05PM <u>Track</u> Conditioning with Kamali	5:15-6PM Track Walking class Tammy L
7-7:45PM Metabolic Circuit Mezzanine with Tammy L	6-6:45 Mezzanine Metabolic Circuit Tammy L
	6-7PM Track Conditioning with Kamali
	7:05-8:05PM <u>Track</u> Conditioning with Kamali

Besides the Funzone you can now sign your children 5-10yrs old in the climbingwall and 8-10 year olds can be signed in into the Xrkade. This gives you 3 choices; Fun Zone, Climbingwall, Xrkade Two hour limit also applies for Climbingwall and Xrkade. ONLY available when areas are open.

TUESDAY	THURSDAY
8:30-8:55 MP Oxibreathing Barbara!	8:30-8:55 MP Oxibreathing Barbara!
5:30-6:30PM ZUMBA! Yolanda!	5:30-6:30PM ZUMBA! Yolanda!
5:15-6PM Track Walking class Tammy L	5:15-6PM Track Walking class Tammy L
6-6:45 Mezzanine Metabolic Circuit Tammy L	6-6:45 Mezzanine Metabolic Circuit Tammy L
FRIDAY	NEW!!!!!! 6:30PM Ultimate Frisbee!!!! Holly Czuba!
9-10AM MP Yoga/Stretch <i>FRANCES</i>	Ultimate Frisbee
	Thursdays 6:30 pm Field Behind YMCA
	Ultimate is a transition game in which players move quickly from offense to defense on turnovers that occur with a dropped pass, an interception, a pass out of bounds, or when a player is caught holding the disc for more than ten seconds.
	The object of the game is to score by catching a pass in the opponent's end zone. Come join the fun!
7-7:45 Metabolic Circuit Mezzanine with Tammy L	Happy 4th of July!!!
	Please check Holiday schedule for this weekend and Mon the 5th!

**IF YOU LIKE YOUR CLASS MAKE SURE YOU PARTICIPATE AND BRING FRIENDS. IF NUMBERS STAY LOW YOU MIGHT LOSE YOUR FAVORITE CLASS.....VOTE WITH YOUR ATTENDANCE!!!!**