

# FEBRUARY 2012



JF Hurley Family YMCA Group Exercise

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

## MONDAY

## TUESDAY












## WEDNESDAY

TIME	ROOM	CLASS	INSTRUCTOR	TIME	ROOM	CLASS	INSTRUCTOR	TIME	ROOM	CLASS	INSTRUCTOR
5:50-6:45	A	POWER FLEX	ANDRE	5:50-6:35AM	HARD CORE!	ANDRE/ CHRIS		5:50-6:45	A	POWER FLEX	BEVERLY
7-8	Lobby	Walking CLASS	Donnie	6-6:45AM	C	Cycling Class	KATIE!	7-8	Lobby	Walking CLASS	Donnie
8-9	MP	Gentle Yoga with Susan		8-8:55AM		Estelatte	Ester	8-9	MP	Gentle Yoga with Susan	
8-8:55	A	Esterciz	ESTER	8:25-8:55	MP	Oxibreathing!	Louise/ Barbara	8-8:55	A	Esterciz	ESTER
9-10AM	MP	Yoga/Pilates	Jennifer C	9-9:55	A	Stretch 'n Tone	Gail	9-10AM	MP	Yoga/Pilates	Jennifer C
9-10AM	A	Intense cardio mix	ROBIN	9-9:45AM		Cycling Class	Joe	9-10AM	A	Intense cardio mix	ROBIN
10-10:45	C	Cycling Class	SARAH!	10-11	A	Body Combat	MARTI	10-10:45	C	Cycling Class	MARIE!
10:05-11AM	A	Cardio mix	HELENA	11:05-12:05	A	BODYSTEP	MICHELLE	10:05-11AM	A	ZUMBA GOLD	HELENA
11:05-12:05		BODYVIVE	Michelle	12:15-1:15		BODYFLOW	Michelle	11:05-12PM	MP	HI-LO AND BATH	HELENA
11:30-12PM	MP	EXTREME ABS with	MARTI					11:00-12PM	A	Extreme Cardio& EXTREME ABS with	MARTI
12:05-1:05	A	BODY PUMP	MARTI					12:05-1:05PM	A	BODYPUMP	TAMMY
12:05-12:50	C	Cycling class	TAMMY S					12:05-12:50	C	Cycling class	MARTI!!
<b>PM</b>				<b>PM</b>				<b>PM</b>			
1:30-2:30PM	A	Body movement	HELENA					1:30-2:30	A	Body movement	HELENA
3-3:55	A	Beginner's Yoga	TIM	3:50-4:50	A	BODYVIVE	GREER	3-3:55	A	Beginners Yoga	TIM
4:00-5:00PM	A	NEW! BODYSTEP	Kelly!	5:10-6:10PM		BODYPUMP	TAMMY/ANDRE!	4:00-5:00PM	A	NEW! EXTREME CARDIO	FARRAH!!
5-6	PM	MP	ZUMBA KATIE	5:30-6:30PM	MP	ZUMBA	Yolanda	5-6	PM	MP	ZUMBA CAROL
5:15-6PM	C	Cycling Class	Holly/Carmen	5:45-6:30		Metabolic Circuit	Amy Goins	5:15-6PM	C	Cycling Class	Joe Camplola
5:25PM-6:25	A	BODYVIVE	JANET	6-7PM		1 hour! Cycling Class	Theresa	6:05-6:50PM	C	Beginners/Intermediate Cycling	AMY G
6:05-6:50PM	C	Beginners/Intermediate Cycling	AMY	6:15-7:15PM		BRYAN'S BOOTCAMP	Bryan	5:25-6:25	A	BODYVIVE	JANE
6:30-7:25PM	A	STEP MIX	BEVERLY	6:30-7:30	NEW!	HIP HOP!	Sakinah!! 1st class2/14!!	6:30-7:30	A	BODYFLOW!	GREER
7:45-8:30	C	Cycling Class	Theresa!					7:45-8:30	C	Cycling Class	Theresa!



## THURSDAY

## FRIDAY

## SATURDAY

5:50-6:35AM HARD CORE! ANDRE/CHRIS		TIME	ROOM	CLASS	INSTRUCTOR
6-6:45AM C	Cycling Class Holly 	5:50-6:45	A	POWER FLEX	ANDRE 
8-8:55AM	Estelatte Ester 	7-8	Lobby	Walking	Donnie 
8:25-8:55 MP	Oxibreathing! Louise/ Barbara	8-8:55	A	Esterciz	ESTER 
9-9:55 A	Chair Chair Yoga Gail	9-10AM		Intense cardio mix	ROBIN 
9-9:45AM C	Cycling Class Joe Hall	9-10	MP	Yoga/Stretch	Frances/Katrena
10-11 A	BODYCOMBAT JEN 	10-10:45	C	Cycling Class	SARAH!
11:05-12:05 A	BODYSTEP MICHELLE 	10:05-11AM	A	Zumba Gold Tonec	Helena 
12:15-1:15	BODYFLOW Michelle 	11:05-12:05	A	BODYVIVE	MICHELLE 
		12:05-12:50	C	Cycling	Tammy S
		12:05-1:05	A	BODY PUMP	MARTI 

**PM** **PM** **SUNDAY**

3:50-4:50 A		TIME	ROOM	CLASS	INSTRUCTOR
	BODYVIVE GREEF 	1:30-2:30	A	Body movement	HELENA
5:10-6:10	BODY PUMP GREER 				
5:30-6:30PM MP	ZUMBA! Yolanda! 	5:05-5:55	A	Beginners Yoga	Katrena
6:15-7:15PM	Bryan's bootcamp! Bryan!	6-6:45	A	Kids Cardio 6-10 yr olds	Katrena
5:45-6:30	Metabolic Circuit Amy Goins	6:05-6:50PM	C	Beginners/Intermediate Cycling	AMY
6-7PM	1 hour! Cycling Class Theresa	6PM-7 MP		ZUMBA "CLUB NIGHT"!	Katie, Carol, Yolanda
6:30-7:30PM	African Dance Sakina				



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!

On January 23rd we will have PORT-A-PIT at the YMCA! Buy your tickets now in the Fitness Office! Proceeds to Salisbury Speedsters Y Track team!

A=AEROBICS ROOM	FC=FITNESS CENTER	
MP=MULTI PURPOSE ROOM	C= CYCLING STUDIO	
MZ=MEZZANINE		