

Fitton Family YMCA GROUP EXERCISE SCHEDULE - SUMMER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
545am Kickboxing Gen - B1	6am Studio Cycle Amy - B2	545am Kickboxing Gen - B1	6am Studio Cycle Will - B2	505am Studio Cycle Amy - B2
6am Studio Cycle Cynamon - B2	7am TNT Angie - B1	6am Studio Cycle Cynamon - B2	7am TNT Angie - B1	6am Studio Cycle Cynamon - B2
830am Stretch-n-Flex Judy - B1	9am TNT© Gen - B1	6am Yoga for Athletes \$\$ Alena - B1	9am TNT© Staci - B1	9am TNT Gen - B1
930am Step-n-Sculpt Gen - B1	930am Studio Cycle Dan - B2	830am Stretch-n-Flex Judy - B1	930am Studio Cycle Dan - B2	930am Cardio Express Gen - B1
930am Studio Cycle Will - B2	10am Fit For Life Tanya - MPR	930am Step-n-Sculpt Gen - B1	10am Fit For Life Tanya - MPR	10am TNT Staci - B1
12pm Studio Cycle Michelle - B2	1115am Pilates \$\$ Helen - B1	530pm Cardio Express Joan - B1	1005am Zumba \$\$ Marcia - B1	11am Yoga \$\$ Alena - B1
530pm Cardio Express Joan - B1	530pm Kickboxing Christelle - B1	6pm Wmn's Express Susan - B2	1115am Pilates \$\$ Helen - B1	12pm Studio Cycle Michelle - B2
6pm Wmn's Express Susan - B2	630pm Studio Cycle Margie - B2	6pm-8pm Karate Mr Parrett - MPR	530pm Kickboxing Christelle - B1	SATURDAY
6pm-8pm Karate Mr Parrett - MPR	630pm Zumba \$\$ Adam - B2	605pm Pump Kathy - B1	630pm Zumba \$\$ Jill - B1	8am Studio Cycle Joan - B2
605pm Pump Kathy - B1	7pm Cardio Dance Kathy - MPR	645pm Studio Cycle Brooke - B2	630pm Studio Cycle Margie - B2	815am Step-n-Sculpt Pam - B1
715pm Step-n-Sculpt Pam - B1	745pm Yoga \$\$ Alena - B1	715pm Step-n-Sculpt Pam - B1	7pm Cardio Dance Kathy - MPR	9am Pump Joan - B1
				1030am Zumba \$\$ Jill - B1
				SUNDAY
				4pm Studio Cycle Amy - B2

location, location, location:

B1 = large basement studio B2 = basement cycling studio
MPR = multi-purpose room G = gymnasium

TNT© denotes cardio intervals included, which is a variation of the original TNT class

Please be advised: INSTRUCTORS MAY CHANGE WITHOUT NOTICE.

REVISED 4/16/2012 TL

