



# WINTER GROUP EXERCISE SCHEDULE

Jan. 2 - Mar. 31, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45 to 6:40 AM Spinning R371 Marisa	5:45 to 6:40 AM Spinning R371 Kim G	5:45 to 6:40 AM Spinning R371 Terri	5:45 to 6:40 AM Spinning R371 Arawa	5:45 to 6:40 AM Spinning R371 Kim G	6:45 to 7:40 AM Spinning R371 Chad		
6:00 to 7:00 AM Basic Training SLC Marilyn	6:00 to 7:15 AM Masters Swimming 6L Craig	6:00 to 7:00 AM Basic Training SLC Marilyn	6:00 to 7:15 AM Masters Swimming 6L Craig	6:00 to 7:00 AM Basic Training SLC Marilyn	6:00 to 7:15 AM Masters Swimming 6L Craig		
6:00 to 7:00 AM Body Shaping & Abs GES Marina	6:00 to 7:00 AM Power Yoga GES Shauna	6:00 to 7:00 AM Body Shaping & Abs GES Marina	6:00 to 7:00 AM Power Yoga GES Shauna	6:00 to 7:00 AM Body Shaping & Abs GES Marina	7:00 to 9:00 AM Run Club RT Craig		
7:00 to 7:55 AM Spinning R371 Heather		7:00 to 7:55 AM Spinning R371 Flo		7:00 to 7:55 AM Spinning R371 Heather	7:45 to 9:15 AM Super Spin R371 Heather	8:00 to 8:55 AM Spinning R371 Arawa	
8:00 to 8:55 AM Pilates Mat GES Denise	8:00 to 8:55 AM Zumba GES Dee	8:00 to 8:45 AM Body Shaping GES Walt	8:00 to 8:55 AM Zumba GES Judy		7:30 to 8:25 AM Pilates Mat GES Denise	8:00 to 8:55 AM Boot Camp GES Heather	
9:00 to 9:55 AM Zumba GES Denise	9:00 to 9:55 AM Pilates Mat GES Dee	9:00 to 9:55 AM Athletic NIA GES Susan M	9:00 to 9:55 AM Pilates Mat GES Dee	9:00 to 9:55 AM Athletic NIA GES Susan	8:30 to 9:25 AM Zumba GES Kristy	9:00 to 9:25 AM Abs & Back GES Heather	
9:15 to 10:15 AM Deep Water 6L Manon		9:15 to 10:15 AM Deep Water 6L Debbie		9:15 to 10:15 AM Deep Water 6L Debbie	8:30 to 9:30 AM NIA PWC Karen	9:00 to 9:55 AM Aqua Fit 4L Keri/Carol	
9:30 to 10:00 AM Yoga Basics ER Cynthia	9:30 to 11:00 AM Triathlon Training 6L/SLC Craig	9:30 to 10:00 AM Yoga Basics ER David		9:30 to 9:55 AM Abs & Back PWC Marilyn	9:45 to 11:15 AM Hatha Yoga GES Ine	9:30 to 10:25 PM Tai Chi GES Evelyn	
9:30 to 10:25 AM Spinning R371 Heather	9:30 to 10:25 AM Spinning R371 Heather	9:30 to 10:25 AM Spinning R371 Heather	9:30 to 10:25 AM Spinning R371 Boris	9:30 to 10:25 AM Spinning R371 Heather	9:45 to 10:40 AM Spinning R371 Terri	9:30 to 10:25 AM Zumba SLC Kristy	
10:00 to 10:55 AM Athletic NIA GES Susan M	10:00 to 11:30 AM Vinyasa Yoga GES Cynthia	10:00 to 10:55 AM Zumba GES Candus	10:00 to 11:30 AM Hatha Yoga GES Ine	10:00 to 10:55 AM Kickboxing GES Marilyn			
10:30 to 10:55 AM Abs & Back PWC Heather	10:30 to 11:30 AM Body Shaping SLC Heather	10:30 to 10:55 AM Abs & Back PWC Heather	10:30 to 11:30 AM Body Shaping SLC Marilyn	10:30 to 10:55 AM Abs & Back PWC Heather		10:30 to 10:55 AM Stretch & Flexibility GES Tina	
11:00 to 11:45 AM Active Older Adults GES Esther		11:00 to 11:45 AM AOA Chair Yoga GES Ine		11:00 to 11:45 AM Active Older Adults GES Danielle	11:00 to 12:00 PM Power Splash 6L Various	11:00 to 11:25 AM Pilates Foundations* GES Tina	
12:00 to 12:50 PM AOA Power Splash 4L Erica G	12:00 to 12:50 PM Deep Water 4L Manon	12:00 to 12:50 PM Aqua Zumba 4L Robin	12:00 to 12:50 PM Deep Water 4L Mary	12:00 to 12:50 PM Aqua Games 4L Manon	11:30 to 12:25 PM Zumba GES Marilyn	11:30 to 12:25 PM Kickbox Intervals GES Marilyn	
12:00 to 12:40 PM Tread and Shed WC Mira/Steve	12:00 to 12:40 PM Tread and Shed WC Mira/Steve	12:00 to 12:40 PM Tread and Shed WC Mira/Steve	12:00 to 12:40 PM Tread and Shed WC Mira/Steve	12:00 to 12:40 PM Tread and Shed WC Mira/Steve	12:30 to 1:00 PM Body Shaping GES Marilyn		
12:00 to 12:25 PM Cardio Express GES David H	12:00 to 12:40 PM Spin Express R371 Steve	12:00 to 12:25 PM Cardio Express GES Dee	12:00 to 12:40 PM Spin Express R371 Tina	12:00 to 12:25 PM Zumba Express GES Marilyn	1:00 to 1:30 PM Abs & Back GES Marilyn	12:30 to 12:55 PM Body Ball GES Marilyn	
12:30 to 1:00 PM Body Shaping GES David H	12:00 to 1:00 pm Vinyasa Yoga GES Jancy	12:30 to 1:00 PM Body Shaping GES Dee	12:30 to 1:00 PM Hatha Yoga GES Ine	12:30 to 1:00 PM Body Shaping GES Marilyn		1:00 to 2:00 PM Vinyasa Yoga GES Jancy	
	1:00 to 2:00 PM Zumba Toning GES Judy		1:00 to 2:00 PM Zumba Toning GES Judy				
					2:00 to 3:00 PM Vinyasa Yoga GES Jancy		
					3:30 to 5:00 PM Kumdo GES Master Joe	3:30 to 4:30 PM Ballroom & Latin Dance GES Blaze the Floor	
<b>TRY A NEW CLASS OUTLINED AND DOTTED IN RED!</b>		<b>Classes outlined in BLUE indicate a change (time, instructor, format, or location).</b>					
5:00 to 6:00 PM Gentle Yoga/Meditation GES Ine	5:00 to 5:25 PM Body Sculpting GES David H	5:00 to 6:00 PM Stretch and Meditation GES Vida	5:00 to 5:25 PM Body Sculpting GES Dana	5:15 to 5:55 PM Family Jam GES Various			
	5:30 to 5:55 PM Abs & Back GES David H		5:30 to 5:55 PM Abs & Back GES Dana				
6:00 to 7:00 PM Spinning R371 Mike G	6:00 to 7:00 PM Spinning R371 Erica E	6:00 to 7:00 PM Spinning R371 DeWitt	6:00 to 7:00 PM Spinning R371 Boris	6:15 to 7:15 PM Tae Kwon Do (Intermed.) GES Master Joe			
6:00 to 6:55 PM Zumba GES Sarita	6:00 to 6:55 PM Interval Training GES Steve	6:00 to 6:55 PM Zumba GES Allie	6:00 to 6:55 PM Interval Training GES Marilyn		<b>Classes requiring registration are shaded orange with a double line border.</b>  Ballroom & Latin Dance    Basic Training Co-Ed Boxing                      Kumdo Master Swimming                  Run Club Tread and Shed                  Triathlon Training  Program dates and prices are available at the Member Relations Desk		
7:00 to 7:55 PM Boot Camp PWC DeWitt	6:00 to 7:00 PM Pilates Mat ER Dana	7:00 to 7:55 PM Kickbox Intervals^ GES Marilyn	6:00 to 7:00 PM Pilates Mat ER Dana				
7:00 to 8:00 PM Deep Water 4L Keri	7:00 to 7:55 PM Body Shaping GES Marilyn	7:00 to 8:00 PM Deep Water 4L Gina	7:00 to 7:55 PM Boot Camp GES DeWitt				
7:00 to 8:30 PM Hatha Yoga GES Ine	7:00 to 8:30 PM Triathlon Training RT Craig		7:00 to 8:30 PM Run Club 6L/SLC Craig				
	8:00 to 8:55 PM Zumba GES Marilyn	8:00 to 9:00 PM Vinyasa Yoga GES Cynthia/Jancy	7:00 to 8:30 PM Hatha Yoga PWC Ine				
			8:00 to 8:55 PM Zumba GES Gina				

<b>McGaw YMCA</b> <b>Location Key:</b> GES - Group Exercise Studio R371 - Spinning Studio, Sebring-Lewis Center 4L - 4 Lane Pool SLC - Sebring-Lewis Center SD - Skydeck	<b>Group Exercise Schedule</b>	<b>Key to class listings:</b> classes are listed with the time, followed by the class name, the (class level), location and instructor.  <b>LEVEL:</b> All group exercise classes are multi-level unless noted by (*) for beginners and (**) for advanced.  Everyone is welcome; join us!
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Classes may be changed or cancelled at any time.  
Classes with low attendance may be changed or cancelled.

**847-475-7400**