



FEBRUARY 2012

Schedule At-A-Glance

GROUP FITNESS CLASSES

FEBRUARY 6 - MARCH 4, 2012

Monday

6:00 a.m. Group Cycling
6:00 a.m. Zumba (MG)
8:30 a.m. Group Cycling
8:30 a.m. Cardio n' Core (water)
8:30 a.m. Silver Sneakers®
MSROM (MG)
9:35 a.m. Group Strength Training (MG)
10:45 a.m. Baby-Fit (cr)
12:05 p.m. Boot Camp Express (MG)
4:35 p.m. Cardio Circuit Training (MG)
4:45 p.m. Cycle Basics (reg. requ.)
5:15 p.m. Aqua Blast
5:30 p.m. Begin/Interm Pilates (S2)
5:30 p.m. Youth-Fit (cr)
5:35 p.m. Jazzercise* (MG)
5:35 p.m. Group Cycling
6:45 p.m. Hatha Yoga Basics (S2)

Tuesday

6:00 a.m. Group Cycling
6:00 a.m. Sunrise Yoga Stretch (S2)
8:30 a.m. Aqua Blast
8:30 a.m. Group Cycling
9:00-9:45 a.m. Kid-Fit (cr)
9:30 a.m. LIVESTRONG at the YMCA
10:00 a.m. Fit For Life (MG)
12:05 p.m. Yoga (S2)
12:10 p.m. Group Cycling Express
1:30 p.m. Fit N' Tone (water)
4:30 p.m. Jazzercise* (MG)
4:35 p.m. Group Cycling
5:30 p.m. Zumba® (MG)
5:35 p.m. Group Cycling
5:35 p.m. Group Strength Tr (WR)
5:35 p.m. Interm/Adv Pilates (S2)
6:00 p.m. Hydro Cardio n' Tone/
Aqua Blast
6:40 p.m. Abs, Back, Buns
& Stretch (S2)
7:30 p.m. Middle Eastern Dance (S2)
7:45 p.m. Hydro Pilates (water)

Wednesday

6:00 a.m. Group Cycling
6:00 a.m. Zumba (MG)
8:30 a.m. Group Cycling
8:30 a.m. Cardio n' Core (water)
8:30 a.m. Silver Sneakers®
MSROM (MG)
9:35 a.m. Group Strength Training (MG)
12:05 p.m. Boot Camp Express (MG)
4:35 p.m. Cardio Circuit Training (MG)
4:45 p.m. Cycle Basics (reg. requ.)
5:30 p.m. Begin/Interm Pilates (S2)
5:30 p.m. Youth-Fit (cr)
5:35 p.m. Jazzercise* (MG)
5:35 p.m. Group Cycling
6:45 p.m. Hatha Yoga Basics (S2)

Thursday

6:00 a.m. Group Cycling
6:00 a.m. Sunrise Yoga Stretch (S2)
8:30 a.m. Aqua Blast
8:30 a.m. Group Cycling
9:00-9:45 a.m. Kid-Fit (cr)
9:30 a.m. LIVESTRONG at the YMCA
10:00 a.m. Fit For Life (MG)
12:05 p.m. Yoga (S2)
12:10 p.m. Group Cycling Express
1:30 p.m. Silver Splash
4:30 p.m. Jazzercise* (MG)
4:35 p.m. Group Cycling
5:30 p.m. ZumbAtomic (MG)
5:35 p.m. Group Cycling
5:35 p.m. Group Strength Tr (WR)
5:35 p.m. Interm/Adv Pilates (S2)
6:00 p.m. Hydro Cardio n' Tone/
Aqua Blast
6:40 p.m. Abs, Back, Buns
& Stretch (S2)

Friday

6:00 a.m. Group Cycling
8:30 a.m. Group Cycling
8:30 a.m. Cardio n' Core (water)
9:30 a.m. Fit For Life (S2)
9:30 a.m. Hydro Pilates (water)
9:35 a.m. Group Strength Training
12:05 p.m. Boot Camp Express
4:35 p.m. Group Cycling
5:30 p.m. Family Cycle
5:30 p.m. Step Aerobic Tr (MG)

Saturday

8:15 a.m. Jazzercise* (MG)
8:30 a.m. Group Cycling
9:00 a.m. Hydro Cardio n' Tone/
Aqua Blast
10:00 a.m. Zumba Gold (S2)

Sunday

1:00 p.m. Jazzercise*
Body Sculpting (MG)
1:30 p.m. Cardio Splash
2:00 p.m. Zumba (MG)
2:00 p.m. Group Cycling
3:05 p.m. Abs, Back, Buns & Str

Intro to Group Cycling

Mon, Feb 13 - 6:45 pm

Mon, Feb 27 - 6:45 pm

Please bring water.
Sign-up at front desk.

(S2) = Studio 2

(MG) = Mini Gym

(cr) = Carpeted Room

(WR) = Weight Room

701-775-2586
www.gfymca.org

* Fees Apply. Jazzercise classes are not included in the Y membership.