




Bounds Family YMCA Group Exercise Selections

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15	SPINNING Lori (45 Min)	SPINNING Felicia (45 Min)	SPINNING Lori (45 Min)	SPINNING Susie (45 Min)	SPINNING Susie (45 Min)	
5:45		Aqua Fitness Lisa (60 min)		Aqua Fitness Lisa (60 min)	Aqua Fitness Lisa (60 min)	8:15-9:00 Spinning Instructor (See back)
7:00		Tai Chi Steve (60 Min)			Tai Chi (7:10) Steve (60 Min)	9:30-10:15 SPINNING Instructor (See back)
8:15	SPINNING (C-Factor) Jana Ray	SPINNING Kim (45 Min)	SPINNING Stephanie	SPINNING Jana Ray (45 Min)	SPINNING Stephanie	9:30 Aqua Fitness Linda (60 min)
	Boot Camp Lana (60 Min)	Tone to Stone Stephanie		Boot Camp Lana (60 Min)	Zumba Nicole	9:30-10:30 YOGA Instructor (See back)
		Yoga Stacy (60 Min)	Yoga Deb (60 Min)		Aerobics,Strength&Stretch Denise	
8:30	Zumba Nicole		Zumba Nicole			SUNDAY 1:15-2:15 SPINNING Instructor (See back)
9:30	Twinges & Hinges Sandy (45 min)	Aqua Fitness Linda	Twinges & Hinges Sandy (45 min)	Aqua Fitness Linda (60 min)	Twinges & Hinges Sandy (45 min)	2:30-3:30 YOGA/PILATES Instructor (See back)
	SPINNING Stephanie		SPINNING (C-Factor) Jana Ray		SPINNING Kim (45 Min)	 <p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>
	Cross Train Challenge Kim (75 Min)	Zumba Nicole(45 min)	Cross Train Challenge Kim (75 Min)	Step Denise	Tone to Stone Felicia (75 Min)	
	Pilates Lori (60 Min)		Pilates Lori (60 Min)		Power Pilates Lori(60 Min)	
	Trekking Amy	Trekking Peter	Trekking Amy	Trekking Peter	Trekking Amy	
	Power Yoga Liz (60 Min)		Power Yoga Stephanie (60 Min)			
10:00		Power Yoga Liz (60 Min)		Power Yoga Stephanie (60 Min)		
10:15	Just My Speed Sandy (45 min)		Just My Speed Sandy (45 min)		Just My Speed Sandy (45 min)	
10:30	Yoga Liz	Stretch & Breathe Kim	Yoga Stacy	Gentle Yoga Kim	Gentle Yoga Liz	
11:00		Pilates Allyson (60 Min)		Power Pilates Allyson(60 Min)		
12:00						
4:30	Pilates Kim A. (60 Min)	Yoga Kim/Dana (60 Min)		Pilates Kim A. (60 Min.)		
4:45	SPINNING Kim (45 Min)	SPINNING Danielle (45 Min)	SPINNING Kim A(45 Min)	SPINNING Stephanie (45 Min)		
	Total Cardio Carmen(60 Min)	Cardio Chizzle Carmen (45 Min)	Zumba Nicole (45 Min)	Cross Train Challenge Carmen (45 Min)	Total Cardio Evangelia (45 Min)	
5:30	Awesome Abs Carmen (15 Min)	Awesome Abs Lana (15 Min)	Awesome Abs Carmen (15 Min)	Awesome Abs Carmen (15 Min)	Awesome Abs Evangelia(15 Min)	Cardio Deck
5:45	Power Lift Carmen (60 Min)	Boot Camp Lana	Power Lift Carmen(60 Min)	Boot Camp Lana (60 Min)	Power Liftt Evangelia	Aerobics room
	SPINNING Jamie (45 Min)	SPINNING Carmen (45 Min)	SPINNING Jamie (45 Min)	SPINNING Stephanie (45 Min)		Yoga/Pilates Studio
	Zumba Nicole (60 Min)	Yoga Dana/Kim (60 Min)	Yoga for Athletes Liz (60 Min)	Yoga Donna (60 Min)		Spinning room
5:45	Aqua Fitness Linda (60 min)		Aqua Fitness Kathy (60 min)			Pool

OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.