



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## HEARIN-CHANDLER FAMILY YMCA GROUP EXERCISE (SEPTEMBER)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10		SPINNING (Posted) Dana(45 Min) <b>S</b>				Yoga <b>B</b>
5:45	SPINNING (Posted) Greg/Alecia (45 Min) <b>S</b>		SPINNING (Posted) John (45 Min) <b>S</b>			Rotating (7:25-8:40) <b>B</b> SPINNING (Posted) <b>S</b> Rotating (7:45-8:45) <b>S</b> Awesome Abs <b>A</b>
6:00		Powerlift Suzette (45 Min) <b>A</b>				Rotating (*8:45-9:00) Cardio Mix (see back) <b>A</b> Rotation (9:00-10:00) <b>A</b> Tone To Stone <b>A</b> Rotating(10:15-11:05) <b>A</b>
8:00	Trekking Kris (35 Min) <b>W</b> Run & Repetitions Michelle (65 Min) <b>W</b>	Trekking Kris (35 Min) <b>W</b> Gentle Yoga Michelle (40 min) <b>B</b>	Trekking Michelle (35 Min) <b>W</b> Yoga Suzette (30 Min) <b>B</b>	Trekking Michelle (35 Min) <b>W</b> Zumba Elizabeth (45 Min) <b>A</b>	TLC Michelle (65 Min) <b>W</b>	
8:30	Waves Instructor Led (60 min) <b>P</b> Cardio Chisel Elizabeth (60 Min) <b>A</b>	Waves Instructor Led (60 min) <b>P</b>	Waves Instructor Led (60 min) <b>P</b> Cardio Chisel Kris (60 Min) <b>A</b>	Waves Instructor Led (60 min) <b>P</b>	Waves Instructor Led (60 min) <b>P</b> Cardio Interval Kris (60 Min) <b>A</b>	
8:45	SPINNING (Posted) Kris (45 Min) <b>S</b> Kickboxing Suzette (45 Min) <b>B</b>	SPINNING (Posted) Kris (45 Min) <b>S</b> Beginning Zumba Elizabeth (45 Min) <b>A</b>	SPINNING (Posted) Michelle (45 Min) <b>S</b>	SPINNING (Posted) Jackie (45 Min) <b>S</b> Gentle Yoga Michelle (45 min) <b>B</b>	SPINNING (Posted) Jackie (45 Min) <b>S</b>	
9:00	Tread Class Michelle (40 min) <b>P</b>				Tread Class Michelle (40 min) <b>P</b>	Children Classes <b>B</b>
9:30	Pilates Elizabeth (45 min) <b>B</b> Aqua Stretch & Tone Instructor Led (60 min) <b>P</b>	Tone to Stone Michelle (30 Min) <b>A</b>	Pi/Yo Alecia (60 min) <b>B</b> Aqua Stretch & Tone Instructor Led (60 min) <b>P</b>		Yoga Jackie (75 min) <b>B</b> Aqua Stretch & Tone Instructor Led (60 min) <b>P</b>	Fall session begins 9/7/2010 Mon. 3:30 Ballet
9:40	Corepole Kris (50 Min) <b>A</b>		Powerlift Corepole Kris (50 Min) <b>A</b>	SPINNING-Endurance Michelle (45 Min) <b>S</b>	Tone To Stone Kris (50 Min) <b>A</b>	Thurs. 10:30 Jump wiggle
9:45		(45min) <b>B</b>		Chelle (45 min) <b>B</b>		
10:00		Stretch Beth (60 min) <b>A</b>		Stretch Beth (60 min) <b>A</b>		ONGOING CLASSES:
11:30	Mini-Waves Instructor Led (60 Min) <b>P</b>		Mini-Waves Instructor Led (60 Min) <b>P</b>		Mini-Waves Instructor Led (60 Min) <b>P</b>	Hip Hop Wed. 3:30-4:15
12:00	Awesome Abs Sherry (15 Min) <b>A</b>	Awesome Abs Suzette (15 Min) <b>A</b>		Awesome Abs Suzette (15 Min) <b>A</b>		SWAT M & W 3:30-4:15
12:15	Cardio Chisel Sherry (45 Min) <b>A</b>	Yoga Suzette (45 Min) <b>A</b>		Cardio Chisel Suzette (45 Min) <b>A</b>		SWAT T & Th 3:30-4:15
3:35		Tone to Stone Kris (50 Min) <b>A</b>		Tone To Stone Kris (50 Min) <b>B</b>		
4:15	Yoga Chelle (55 min) <b>B</b>		Yoga Annette (55 min) <b>B</b>			
4:30		Pilates Laurilynn (55 min) <b>A</b>		Pilates Laurilynn (55 min) <b>A</b>		
5:35	Bootcamp Alecia (55 Min) <b>A</b> SPINNING Ride & Run Kim(45 Min) <b>S</b> Step (55 Min) <b>B</b>	Zumba Dawn (55 Min) <b>AB</b> SPINNING (Posted) Laurilynn (45 Min) <b>S</b>	Zumba (55 Min) <b>A</b> SPINNING (Posted) Mary Kara (45 Min) <b>S</b> Abs/Glutes/Arm FUSION Katv (55 Min) <b>B</b>	Zumba Elizabeth (55 Min) <b>A</b> SPINNING (Posted) Lauren (45 Min) <b>S</b> Bootcamp Will (55 Min) <b>B</b>	Circuit Training (55 Min) <b>A</b>	W -- Wellness Floor A -- Studio A B -- Studio B
6:00	Waves Instructor Led (60 min) <b>P</b>				Waves Instructor Led (60 min) <b>P</b>	S -- Spinning room
6:45	Yoga Tamara(60 min) <b>B</b>					
7:00		Bootcamp Richard (60 Min) <b>A</b>				P -- Pool

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