



## JANUARY MOORER YMCA GROUP EXERCISE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15	SPINNING® Bill C.		SPINNING® Kathy C.		SPINNING® Kathy C. & Bill C.	
6:00		SPINNING® Denise		SPINNING® Denise		
		YOGA Amanda			YOGA Audrey	
	BOOTCAMP Bill	PUMP & JUMP Bill	THE KETTLEBELL SWING! Allyson (45 Min)	PUMP & JUMP Bill		
9:00		Silver Sneakers® Alexis		Silver Sneakers® Alexis	RESTORATIVE YOGA Deana	SPINNING® Greg/Sherry/Alexis
9:30	P.A.C.E. John		P.A.C.E. John		P.A.C.E. John	
10:00	Aqua Hip&Hop Deana		Aqua Hip&Hop Deana		Aqua Hip&Hop Deana	POWERLIFT (45 Min) Afton/Sherry/Alexis
11:00		Crosstrain Challenge Sherry	ZUMBA Afton	Crosstrain Challenge Sherry		
11:30	YOGA Becky	PILATES Alexis	YOGA Becky	PILATES Alexis	Power Yoga Jamie	
12:00	ZUMBA® Rozi	POWERLIFT Aiveen (45 Min)	STEP Afton (45 Min)	POWERLIFT Aiveen (45 Min)	ZUMBA® Rozi	
	SPINNING® Cathy	SPINNING® Elise	SPINNING® Cathy	SPINNING® Elise	SPINNING® Cathy	
12:15	YOGA Becky		YOGA Becky			
12:45		AWESOME ABS Aiveen (15 Min)	AWESOME ABS Afton (15 Min)	ABS / STRETCH Aiveen (15 Min)		
1:00	TREKKING Deana		TREKKING Deana			
5:30	BOOTCAMP Evangelia	ZUMBA® Evan	BOOTCAMP Sherry	Powerlift Heather		
		Aqua Hip&Hop Alexis		Aqua Hip&Hop Bonnie		
	YOGA Beverley	BASIC YOGA Annette	YOGA Jamie	BASIC YOGA Dana/Faye		
	SPINNING® Ben	SPINNING® Jeb	SPINNING® Bill H.	SPINNING® Charisse	BOOTCAMP Sherry	
Class Locations						
	<i>Gym Floor</i>	<i>Yoga Studio</i>	<i>Treadmills</i>	<i>Spin Room</i>	<i>Pool</i>	

HAPPY NEW YEAR!

\*\*\*New classes for 2012\*\*\*

Saturday Power Hour Spin @ 9am

Saturday Powerlift @ 10am