



MOORER FAMILY YMCA GROUP EXERCISE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15	SPINNING Bill C. S		SPINNING Kathy C. S		SPINNING Kathy C. & Bill C. S
6:00	BOOTCAMP Bill G	YOGA Dana G. Y		SPINNING Denise S	YOGA Amanda Y
9:00	TREKKING Deana T	YOGA Rosie Y	TREKKING Deana T	YOGA Rosie Y	RESTORATIVE YOGA Deana Y
9:30	P.A.C.E. John		P.A.C.E. John		P.A.C.E. John
10:00	MINI-WAVES Deana P		MINI-WAVES Deana P		MINI-WAVES Deana P
11:00		BOOTCAMP PILATES Sherry G	ZUMBA Kourtney G	BOOTCAMP PILATES Sherry G	
11:30	YOGA Becky Y		YOGA Becky Y		
12:00	ZUMBA Kourtney (60 min) G	POWERLIFT Aiveen (45 Min) G	STEP Kim (45 Min) G	POWERLIFT Aiveen (45 Min) G	POWER YOGA Jessica (60 min) Y
	SPINNING Cathy S	SPINNING Elise S	SPINNING Cathy S	SPINNING Elise S	SPINNING Cathy S
12:15	YOGA Becky Y		YOGA Becky Y		<i>P.A.C.E. ROOM</i>
12:45		AWESOME ABS Aiveen (15 Min) G	AWESOME ABS Kim (15 Min) G	ABS / STRETCH Aiveen (15 Min) G	G -- <i>Gym Floor</i>
1:00	TREKKING Deana T		TREKKING Deana T		T -- <i>Treadmills</i>
5:30	CROSSTRAIN CHALLENGE Sherry G	ZUMBA Alicia G	CROSSTRAIN CHALLENGE Sherry G	CROSSTRAIN CHALLENGE Heather G	Y -- <i>Yoga Studio</i>
	YOGA Beverley / Nadine Y	POWER YOGA Nadine Y	YOGA Audrey Y	BASIC YOGA Nadine Y	S -- <i>Spin Room</i>
	SPINNING Ben S	SPINNING Allyson S	SPINNING Bill H. S		P -- <i>Pool</i>

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