






NORTH MOBILE FAMILY YMCA GROUP EXERCISE

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	SPINNING Stephanie	PILATES Stephanie	SPINNING Stephanie	PILATES Stephanie	SPINNING Stephanie	EFFECTIVE 1/2/2012
8:15	AQUA SCULPT Dawn	AQUA YOGA Dawn	AQUA SCULPT Dawn	AQUA YOGA Dawn	AQUA SCULPT Dawn	
	ZUMBA Karen		ZUMBA Karen		ZUMBA Rozie SPINNING Mindy	
8:30	TREKKING Rita-Nicole	SPINNING Mindy	TREKKING Rita-Nicole or Stephaine	SPINNING Mindy	TREKKING Rita-Nicole	
		TREKKING/ABS Stephaine				
9:15	POWER-LIFT Rita-Nicole		POWER-LIFT Rita-Nicole		POWER-LIFT Donna	
	SENIOR CIRCLE Dawn		SENIOR CIRCLE Dawn		 SILVER SPLASH	
9:30		YOGA BURN (ADVANCED) Donna		YOGA STRETCH Donna		
10:15	 Dawn		 Dawn			
12:15		POWER-LIFT Kenya		LUNCH BOOTCAMP Kenya	CARDIO-KICK Kenya	LEGEND
4:30		SPINNING & ABS Tara			SPINNING & ABS Tara	Fitness Floor
5:30	POWER-LIFT Kenya	ZUMBA Mandy	TREKKING Megan	POWER-LIFT Kenya		Group Fitness
	SPINNING Annette		SPINNING Tara	SPINNING Gracie		
6:30	SPINNING Annette	*6:00 SPINNING Tara	ZUMBA Rozie	*6:15 SPINNING Gracie		Spinning Room
	CORE ATTACK Kenya					Pool

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