



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEARIN-CHANDLER FAMILY YMCA GROUP EXERCISE SCHEDULE JANUARY 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10		SPINNING (Posted) Dana(45 Min) S				Yoga Rotating (7:25-8:40) B
5:45	SPINNING (Posted) Alexis/Greg (45 Min) S	Power Lift Sherry (45 min) A	SPINNING (Posted) John (45 Min) S			SPINNING (Posted) Rotating (7:45-8:45am) S
8:00	Trekking Kris (40 Min) W	Trekking Kris (40 Min) W	Trekking Michelle (40 Min) W	Trekking Michelle (40 Min) W	TLC Michelle (65 Min) W	Cardio Mix (see back) Rotation (8:45-9:30am) A
	(7:50)Run and Repetitions starts 1/Michelle (60 min) B	Gentle Yoga Michelle (40 min) B	Yoga Suzette(40 min) B	Zumba Elizabeth (45 Min) A		Tone To Stone Rotating(9:30-10:15am) A
8:30	Waves Leo(60 min) P	Waves Mary Kara (60 min) P	Waves Leo(60 min) P	Waves Mary Kara (60 min) P	Waves Leo(60 min) P	
	Cardio Chisel Kelly (45 Min) A					
8:45	SPINNING (Posted) Kris (45 Min) S	SPINNING (Posted) Kris (45 Min) S	SPINNING (Posted) Michelle(45 Min) S	SPINNING (Posted) Jackie (45 Min) S	SPINNING (Posted) Jackie (45 Min) S	
		Beginning Zumba Elizabeth (45 Min) A	Cardio Chisel Kris (45 Min) A	Gentle Yoga Michelle (45 min) B	Kickboxing Suzette (45 Min) A	
9:00	Tread Class Michelle (40 min) P				Tread Class Michelle (40 min) P	Children's Classes
9:30	Pilates Elizabeth (45 min) B	Tone to Stone Michelle (30 Min) A	Pi/Yo Alecia (60 min) B		Yoga Jackie (75 min) B	
	Aqua Stretch & Tone Rhonda (60 min) P		Aqua Stretch & Tone Rhonda (60 min) P	Aqua Zumba Maurita (60 min) P	Aqua Stretch & Tone Rhonda (60 min) P	Thurs. 10:30 Jump wiggle B
9:40	Corepole Kris (50 Min) A		Powerlift Corepole Kris (50 Min) A	BEGINNER SPINNING Michelle (40 Min) S	Tone To Stone Kris (50 Min) A	
9:45		The Silver Sneakers Kris (45min) B		The Silver Sneakers Chelle (45min) B		SWAT M & W 4:00-4:45 W
10:00		Stretch Beth (60 min) A		Stretch Beth (60 min) A		SWAT T & Th 4:00-4:45
11:30	Waves Leo(60 min) P		Waves Leo(60 min) P		Waves Leo(60 min) P	
12:00	Awesome Abs Sherry (15 Min) A	Yoga Suzette (60 Min) A		Awesome Abs Alecia /Elicia(15 Min) A		
12:15	Cardio Chisel Sherry (45 Min) A			Cardio Chisel Alecia/Elicia (45 Min) A		
3:35		Tone to Stone Kris (50 Min) A		Tone To Stone Kris (50 Min) A		
4:15	Yoga Chelle (55 min) B		Yoga Annette (55 min) B			
4:30		Pilates Laurilynn (55 min) A		Pilates Laurilynn (55 min) A		S-Spinning Room
5:35	Bootcamp Will (55 Min) A	Zumba Maurita (55 Min) A B	Zumba Karla (55 Min) A	Zumba Nicole (55 Min) A	Circuit Training Will (55 Min) A	W -- Wellness Floor
	SPINNING (Posted) Alecia(45 Min) S	SPINNING (Posted) Laurilynn (45 Min) S	SPINNING (Posted) Mary Kara (45 Min) S	SPINNING (Posted) Lauren (45 Min) S		A -- Studio A
	Step Katv (55 Min) B		Abs/Glutes/Arm FUSION Katv (55 Min) B	Bootcamp Will (55 Min) B		B -- Studio B
6:45	Yoga Fave/Tamara(60 min) B	Aqua Zumba Kristen (60 min) P				P -- Pool

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