

# EASTSIDE FAMILY YMCA GROUP FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
5:05am-5:50am Group Cycling(C)Tom	5:45am-6:45am Group Cycling (C) Bear	6:00am-7:00a Group Cycling(C) Gidgett	5:45am-6:45am Group Cycling(C) Sara	6:00am7:00am Group Cycling(C) Molly	7:10am8:10am Group Cycling(C) Gidgett	8:00am8:55am Kickboxing(S) Alecia
6:00am-7am Group Cycling (C)Tom	5:45-6:30am Cardio Bootcamp(S) Heather		5:45-6:45am Step Combo(S) Heather	6:00am7:00am Cardio Conditioning (S)Gidgett	7:15am-8:00am Cardio Training Camp(S)Stacie	9:00am-10:00am Group Cycling(C) Lani
6:00am-7:00am Body Conditioning (S) Gidgett		6:00am-7:00am Active Yoga(MB) Joan		6:00am-7:00am Active Yoga(MB)Joan		
8:15am-9:00am Body Conditioning (S) Carol	8:15am-9:00am Instructors Choice(S) Tori	8:15am-9:00am Body Conditioning (S) Carol	8:15am-9:00am Beginner Yoga(S) Carrie		7:30am-8:30am Active Yoga(MB) Debra	9:30am-10:15am Beginner Step(S) Heather
8:15am-9:15am Aqua Fit 3 (EP) Charlene	8:30am-9:20am IM=X Pilates(MB) Claire	8:15am-9:15am Aqua Fit 1(EP) Alicee	8:30am-9:15am Silver Sneakers Yoga Stretch(MB) Claire	8:15am-9:00am Body Conditioning (S) Molly	8:00am-8:45am Aqua Fit 3(EP) Alicee/Charlene	10:15am-11:15am Group Cycling(C) John
9:00am-10:00am Gentle Yoga (MB) Sue	9:15am-10:00am Beginner Step(S) Ron	8:30am-9:20am IM=X Pilates(MB) Therese	9:15am-10:00am Advanced Step(S) Carol	8:15am-9:15am Aqua Fit 1 (EP) Rachel	8:10am-8:55am Body Conditioning(S) Maria	10:20am-11:05am Step(S) Heather
9:15am-10:00am High/Low Aerobics (S) Carol	9:15am-10:15am Group Cycling (C) Molly	9:15am-10:00am Circuit(S) Carol	9:30am-10:30am Aqua Fit 2(FP) Ron	9:00am-10:15am Gentle Yoga(MB) Sue	8:45am-9:45am IM=X Pilates(MB) Therese	11:00am-12:00pm Yoga (MB) Starts 2/28 Sarah
9:15am-10:15am Group Cycle (C) Christina	9:30am-10:30am IM=X Pilates(MB) Claire	9:15am-10:15am Group Cycling(C) Maureen	9:30am-10:30am IM=X Pilates(MB) Claire	9:15am-10:00am High/Low Aerobics (S) Carol	9:00am-9:55am Group Cycling(C) Meghan	11:15am-12:15pm Body Conditioning (S) Laura
9:30am-10:30am Aqua Fit 1 (EP) Jackie	9:30am-10:30am Aqua Fit 2(FP) Alicee	9:30am-10:30am IM=X Pilates Therese	10:00am-11:00am Group Cycling(C) Lani	9:15am-10:15am Group Cycling(C) Maureen	9:15am-10:10am Step Combo(S) Andrea starts 3/6	
10:10am-10:55am Body Conditioning(S) Carol	10:10am-10:55am Body Conditioning(S) Ron	9:30am-10:30am Aqua Fit 2(EP) Ron	10:10am-10:55am Instructors Choice(S) Carol	9:30am-10:30am Aqua Fit 2(EP) Rachel	10:00am-11:00am Active Yoga(MB) Joan	
10:10am-10:55am Silver Sneakers Yoga Stretch (MB) Tess	11:00am-12:00pm Gentle Yoga(MB)Lynn	10:10am-10:55am Core Muscle Conditioning(SCarol	11:00am-12:15pm Active Yoga(MB) Amy	10:10am-10:55am Body Conditioning(S) Carol	10:25am-10:55am CoreConditioning(S) Peggy 3/6	
11:10am-12:10pm Feeling Fit (S) Tess	11:10am-12:10pm Silver Sneaker II(S) Karen	10:40am-11:20am Gentle Yoga(MB) Joan	11:10am-12:10pm Silver Sneaker II(S) Karen	11:10am-12:10pm Feeling Fit (S) Tess	11:00am-12:00pm Kickboxing(S) Tom/Danielle	
11:10am-12:10pm Aqua Arthritis (FP) Jackie	11:10am-12:10 Aqua Stretch and Tone (FP) Karen	11:10am-12:10pm Feeling Fit (S) Rachel	11:10am-12:10 Aqua Stretch and Tone (FP) Karen	11:10am-12:10pm Aqua Arthritis Class (FP) Jackie		
11:15am-12:15pm Active Yoga (MB)Lynn		11:10am-12:10 Aqua Stretch and Tone (FP) Karen				
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
12:15pm-12:55pm Silver Sneakers (MB) Tess	12:25pm-1:10pm Feeling Fit(S) Karen	1:00pm-1:45pm Instructors Choice (S) Christina	12:20pm-1:20pm Zumba Gold(S) Glenda	12:15PM-1:05PM Silver Sneakers (S) Tess	12:30pm-3:00pm Tai Chi (S) David	12:20pm-1:20pm Gentle Yoga(MB) Sarah
1:00pm-1:45 pm Instructors Choice(S) Heidi	1:15pm-2:15pm Silver Splash(FP) Jackie	3:45pm-5:00pm Gentle Yoga(MB) Carrie	1:15pm-2:15pm Silver Splash(FP) Charlene	3:15pm-4:00pm Zumba (S) Andrea starts 3/12		12:30pm-1:30pm Belly Dancing(S) Pamela
1:45pm-2:45pm Tai Chi(S)David	4:10pm-5:00pm IM=X Pilates(MB) Claire		4:10pm-5:00pm IM=X Pilates(MB) Claire			1:30pm2:30pm Active Yoga(MB) Sarah
Evening	Evening	Evening	Evening	Evening		
4:00pm-4:45pm Family Zumba (C)Tori Zumba Alisa (S)	4:30pm-5:30pm Step Combo(S) Marianne	4:10pm-5:10pm Body Conditioning(S) Ron	4:30-5:15pm Tween Yoga (S)	4:00pm-5:15pm Active Yoga(MB) Carrie		
4:30pm-5:30pm IM=X Pilates(MB) Kathy	5:00pm-5:40pm Tween Cycle (C) Bear Starts 3/2 (must be 4'10")	5:15pm-6:15pm Belly Dancing(S) Pamela	4:30pm-5:30pm Group Cycling(C) John			
5:05pm-5:50pm Zumba (S) Shelly	5:05pm-5:40pm Family Yoga(MB) Carrie	5:15pm-6:15pm Active Yoga(MB) Debra	5:15pm-6:15pm IM=X Pilates(MB) Therese	5:30pm-6:15pm Family Yoga(MB) Sarah		
5:35pm-6:25pm Gentle Yoga(MB) Sarah	5:45pm-6:45pm Group Cycling(C) Bear	6:15pm-7:15pm Group Cycling(C) Molly	5:30pm-6:25pm Step Circuit(S) Ron	6:00pm-7:00pm Group Cycling(C) Jayme		
6:00pm-7:00pm Group Cycling (C) Kristen	5:45pm-6:45pm Active Yoga(S) Carrie	6:30pm-7:30pm Kickboxing(S) Danielle	6:30pm-7:15pm Training Wheels(C) Jamie	6:05pm-6:55pm Step Circuit(S) Peggy/Heather		
6:05pm-7:05pm Cardio Bootcamp	6:00pm-7:30pm Gentle Yoga(MB) Sarah	6:30pm-7:30pm IM=X Pilates(MB) Therese	6:30-8:00pm Tai Chi(MB) David	6:20pm7:35pm RestorativeYoga(M) Sarah		
6:30pm-8:00pm Tai Chi (MB) David	7:00pm-8:00pm Group Cycling(C) Jayme	7:00pm-8:00pm Aqua Fit 3(EP)Ron	6:30pm-7:25pm Body Conditioning(			
7:15pm-8:30pm Active Yoga (S) Joan		7:35pm-8:20pm Zumba(S)Alisa	7:00pm-7:45pm Aqua Boot Camp(EP) Laura	7:00pm-7:45pm Zumba(S) Tori		
7:00pm-8:00pm Aqua Fit 2 (EP) Ron	7:15pm-8:15pm Circuit(S) Laura	7:45pm-9:15pm Tai Chi(MB) David	7:30pm-8:30pm Circuit(S) Laura			
					<b>Revised 03/01/10</b>	