

# YMCA of Greater Rochester Northwest Family YMCA

## Group Exercise Class Schedule -Summer 2009

June 29- August 30, 2009

All Group Exercise Instructors are certified through the YMCA of the USA, along with being CPR Certified  
Classes must maintain a minimum of six participants or the class will be canceled. Signs will be posted.

Monday	
7:00- 7:55	Group Cycle--*** AS- Jessica
8:00 -8:55	Feeling Fit *- AS-Bonnie
8:05 - 8:55	SilverSneakers I @*- WB - Julie
9:00 - 9:55	Step Aerobics ** - AS-Emilie
10:15 - 11:10	Feeling Fit Plus *- AS -Lisa N.
11:15 - 12:00	SilverSneakers II @*-AS -Lisa N.
12:15 - 1:10	SilverSneakers I @* - AS -Mindy
4:30 - 5:25	Step Aerobics ** - AS - Karen
5:30 -5:55	Core Training * - AS- Mandie
6:00 - 6:55	Cardio Training Camp *** AS -Mandie
7:00-7:55	Active Yoga ** -AS-Alyssa

Thursday	
8:00 - 8:55	Circuit ** - AS -Bonnie
8:05 - 8:55	Qi Gong * -WB or Outside -Kathy
9:00 - 9:55	Gentle Yoga* - AS-Bonnie
10:00 - 10:55	IM=X Pilates** - AS -Lisa M
11:15 - 12:00	SilverSneakers II @* -AS- Lisa
12:05- 12:50	SilverSneakers Yoga @*- AS-Lisa
4:30 - 5:25	Group Cycle *** AS-Michelle / Lani
5:30 - 6:25	Kickboxing ***- AS- Mandie
6:30 - 7:25	IM=X Pilates - Staff
7:30 - 9:00	Inter/Adv.Tai Chi **-AS- Robert

Tuesday	
8:00 - 8:55	Circuit ** - AS- Bonnie/Julie
8:00 - 8:55	Qi Gong * WB or Outside - Kathy
9:00 - 9:55	Zumba ** -AS- Andrea.
10:00 - 10:55	IM=X Pilates ** - AS- Linda
11:15 - 12:00	SilverSneakers II @*-AS -Mindy
12:05- 12:50	SilverSneakers Yoga @*- AS- Mindy
4:30 - 5:25	Group Cycle *** - AS - Emilie
5:30 -6:25	Kickboxing ***- AS -Alecia
6:30 - 7:25	Body Cond. II ** - AS-Suellen
7:30-8:25	Zumba **-G-Shelley
7:30 - 9:00	Beg./Inter. Tai Chi **-AS- Robert

Friday	
7:00- 7:55	Group Cycle*** - AS -Liliana
8:00 -8:55	Feeling Fit*- AS - Julie
9:00 - 9:55	Zumba ** -AS- Shelley C.
10:15 - 11:10	Feeling Fit Plus ***- AS -Lisa N.
11:15- 12:00	Zumba Gold *- AS- Shelley C.
12:15 - 1:10	SilverSneakers I @*- AS- Lisa N.

Saturday	
7:10 - 7:55	Group Cycle *** AS - Staff
8:00 - 8:55	Body Cond.II ** - AS- Bonnie/Leilani
9:00 - 9:55	Adv. Step ** -AS - Emilie/Summer
10:00 - 10:55	Cardio Training ***- AS - Mandie

Wednesday	
7:00- 7:55	Group Cycle ****- AS - Linda L
8:00 -8:55	Feeling Fit*- AS -Jess
8:05 -8:55	SilverSneakers I @* -WB- Bonnie
9:00 - 9:55	Step Aerobics ** - AS - Emilie
10:15 - 11:10	Feeling Fit Plus ** - AS- Lisa N.
11:15 - 12:00	SilverSneakers II @*- AS- Lisa N.
12:15 - 1:10	SilverSneakers I @*-AS- Julie
4:30 - 5:25	Circuit ** - AS- Summer
5:30 - 5:55	Core Training * - AS- Teddi
6:00 - 6:55	Adv. Step/ Cardio Outside***AS Teddi
7:00 - 7:55	Active Yoga **- AS - Michelle

Sunday	
No Sunday classes for summer	

**We'll be alternating classes at 6:00 pm  
Wed. Adv. Step & Cardio Camp outside  
Dates will be posted on the calendar**



AS= Aerobic Studio

WB=Wegman B

\* denotes the aerobics segment or fitness level.

\* Beginner Level

\*\* Intermediate Level

\*\*\* Advanced Level