

YMCA of Greater Rochester ** Southeast Family Branch

SUMMER SESSION -

June 28- August 29, 2010

GROUP EXERCISE SCHEDULE

SUNDAY				WEDNESDAY- Continued			
8:15am-9:15am	▶**Cycle	MPR	Gordon/Cherie	10:30am-11:10am	●Lo Impact Aerobics	MPR	Judy
9:00am-9:45am	●Step Aerobics	Studio	Jennifer	11:00am-11:45am	●SilverSneakers® I	Church	Rebecca/Angie
9:45am-10:15am	●Body Conditioning	Studio	Jennifer	12:15pm-1:00pm	▲SilverSneakers® Yoga Stretch	Studio	Lisa O.
11:35am-12:50pm	●Gentle Yoga	Studio	Ijlal	2:30pm-3:30pm	◎ Working with Parkinson	Studio	Janet
1:00pm-1:50pm	**Step Interval **New Time!**	Studio	Sheila	4:00pm-5:00pm	**Cardio&Body Conditioning	Studio	Lani
1:50pm-2:20pm	●Body Conditioning	Studio	Sheila	5:30pm-6:30pm	●Hi - Lo	Studio	Kathryn
4:45pm-5:45pm	**Active Yoga **New Time!**	Studio	Lynn	5:30pm-6:30pm	▶**Cycle	MPR	Chris
MONDAY				5:30pm -6:30pm	**Step	East	Sheila
5:30am-6:30am	▶**Cycle	MPR	Gary	6:45pm-7:45pm	▲ Restorative Yoga	Studio	Ijlal
5:45am-6:45am	●Yoga Fusion	Studio	Lisa F	THURSDAY			
7:00am-8:00am	●Gentle Yoga	Arrowhead	Ijlal	5:30 am - 6:30 am	▶●Cycle	MPR	Mark
8:00am-9:00am	▲Intro to IM=X Pilates	MPR	Lisa T	5:30am-6:30am	●Cardio & Body Conditioning	Studio	Susan
8:15am-9:15am	●Hi-Lo	Studio	Judy	8:10am-9:10am	●Dance Fit	Studio	Marie
9:15am-10:15am	●Nordic Walking	Lobby	Lisa O.	8:15am-9:15am	▲Beginner Running Group**New time!**	Lobby	Jim
9:20am-10:20am	▶**Cardio & Body Conditioning	Studio	Lani	9:15am-10:15am	▶**Cardio Kickboxing	Studio	Carol
9:20am-10:20am	▶●Cycle	MPR	Susan	9:15am-10:15am	●Cardio Training Camp	MPR	Christine
10:25am-10:55am	●Core Muscle	Studio	Lisa O.	9:15am-10:15am	▲Nordic Walking	Lobby	Cherie
10:30am-11:10am	●Lo Impact	MPR	Judy	10:25am-11:25am	●Stretch n Strengthen	Studio	Janet
11:00am-11:45am	●SilverSneakers® I	Church	LisaO/Susan	10:30am-11:30am	●Gentle Yoga	MPR	Lisa T.
12:15pm-1:15pm	●Ease into Yoga	MPR	Lisa O.	1:00pm-2:00pm	●IM=X Pilates	MPR	Kelly
1:30pm-2:30pm	●Active Yoga	MPR	Lynn	5:00 pm - 5:45 pm	▶●Cycle	MPR	Chris
2:30pm-3:30pm	◎ Working with Parkinson	Studio	Janet	5:55 pm - 6:45 pm	●IM=X Pilates	MPR	Linda
4:00pm-5:00pm	●Cardio&Body Conditioning	Studio	Cherie	5:45pm-6:45pm	●Active Yoga	Studio	Ijlal
5:30pm-6:30pm	●Step Interval	Studio	Sheila	7:00pm-8:00pm	◎ ▲Prenatal Yoga	Studio	Ijlal
5:30pm-6:30pm	▶▲Cycle/Core Muscle	MPR	Diane	FRIDAY			
5:30pm-6:30pm	●Hi-Lo	East	Kathryn	5:30am-6:30am	▶**Cycle	MPR	Gordon
6:35pm-7:35pm	●Cardio Kickboxing	Studio	Christine	5:45am-6:45am	●Step Interval	Studio	Sheila
6:45pm-7:45pm	●Belly Dancing	MPR	Pamela	7:10am-8:10am	●Gentle Yoga	MPR	Lisa F/Lisa T
TUESDAY				8:15am-9:10am	●Hi-Lo	Studio	Kathryn
5:30am-6:30am	▶●Cycle	MPR	Susan	9:15am-10:15am	●Active Nordic Walking	Lobby	Cherie
5:45am-6:45am	**Cardio Kickboxing	Studio	Tom	9:20am-10:15am	▶**Cardio&Body Conditioning	Studio	Lani
7:10am-8:10am	▲Gentle Yoga	MPR	Lisa F/Lisa T	9:20am-10:20am	▶●Cycle	MPR	Lisa O.
8:10am-9:10am	●Dance Fit	Studio	Marie	10:25am-10:55am	●Core Muscle	MPR	Lisa O.
8:15am-9:15am	▲Beginner Running Group**New time!**	Lobby	Cherie	10:30am-11:10am	●Zumba 101	Studio	Christine
9:15am-10:15am	▶**Cardio Kickboxing	Studio	Carol	11:00am-11:45am	●SilverSneakers® I	Church	Lisa T/Lisa O
9:15am-10:15am	●Step Combo	MPR	Jennifer	12:15pm-1:15pm	●Intro to Gentle Yoga	MPR	Lisa O.
9:15am-10:15am	▲Nordic Walking	Lobby	Cherie	1:30pm-2:30pm	●Active Yoga	MPR	Lisa O.
10:25am-11:25am	●Stretch n Strengthen	Studio	Jennifer	5:00pm-6:00pm	●Instructor's Choice	Studio	Christine/Sheila
10:30am-11:30am	●Active Yoga	MPR	Lisa O.	SATURDAY			
1:00pm-2:00pm	**IM=X Pilates	MPR	Lisa T.	7:15am-8:15am	**Cardio&Body Conditioning	Studio	Susan
5:00pm-5:45pm	▶●Cycle	MPR	Cherie	7:15am-8:15am	▶●Cycle	MPR	Rotation
5:45pm-6:45pm	**Active Yoga	Studio	Lisa O.	8:25am-9:25am	●Hi-Lo	West	Rotation
5:55pm-6:45pm	●IM=X Pilates	MPR	Julie V.	8:30am-9:30am	**Active Yoga	Studio	Lisa O.
7:10pm-8:10pm	●Zumba	Studio	Andrea	8:40am-9:10am	▲Beginner Cycle	MPR	Rebecca
WEDNESDAY				9:20am-10:20am	●IM=X Pilates	MPR	Rotation
5:30am-6:30am	▶**Cycle	MPR	Tom. S	9:50am-10:50am	●Stretch n Strengthen	Studio	Gwenn
5:45am-6:45am	●Step Interval	Studio	Sheila	11:00am-12:00pm	●Zumba	Studio	Andrea
7:00am-8:00am	●Gentle Yoga	Arrowhead	Lisa F.	▲ A great place to start! All fitness levels welcome.			
8:00am-9:00am	●Hi - Lo	Studio	Judy	●All Fitness levels welcome			
8:00am-9:00am	▲Intro to IM=X Pilates	MPR	Kelly	**Intermediate/Advanced fitnesslevels suggested			
9:15am-10:15am	●Zumba	Studio	Christine	◎ Membership benefit, registration required			
9:15am-10:15am	●Nordic Walking	Lobby	Cherie	▶ Space is limited. Need ticket from Member Service Desk			
9:20am-10:15am	▶●Cycle	MPR	Lisa O.				
10:25am-11:25am	●Body Conditioning	Studio	Lisa O.				
10:30am-11:30am	●Active Yoga	Lobby	Lynn				

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