

Y GROUP EXERCISE

Blue Ash YMCA
 Group Exercise Schedule
 July - August 2008
 513-791-5000

Monday

Time	Class	Type	Instructor	Location
5:45 – 6:30 AM	Group Cycling* / ***	Cycling	Larry	Cycling Studio
8:40 – 9:40 AM	Cardio Pilates Mix	Land	Dianna	Ferris Studio
8:30 – 9:30 AM	Aqua Motion	Water	Debbie	Main Pool
9:15 – 10:15 AM	Group Cycling* / ***	Cycling	Robyn/Lisa	Cycling Studio
9:15 – 10:30 AM	Step and Strength	Land	Karen	Main Studio
9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
9:50 – 10:50 AM	Dance Aerobics	Land	Barb	Ferris Studio
10:45 – 12:00 PM	Yoga***	Land	Jayne	Main Studio
10:55 – 11:40 AM	Body Sculpting	Land	Karen	Ferris Studio
11:50 – 12:40 PM	Silver Sneakers I	Land	Melissa	Ferris Studio
12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
12:45 – 1:35 PM	Silver Sneakers II	Land	Melissa	Ferris Studio
5:40 – 6:40 PM	Pilates***	Land	Leahn	Ferris Studio
6:00 – 6:45 PM	Deep Water Workout	Water	Jill	Main Pool
6:00 – 7:00 PM	Group Cycling* / ***	Cycling	Erica	Cycling Studio
6:50 – 8:05 PM	Step and Strength	Land	Trina	Ferris Studio
7:15 – 8:30 PM	Yoga***	Land	Betsy	Main Studio

Tuesday

5:15 – 6:00 AM	Group Cycling* / ***	Cycling	Chip	Cycling Studio
6:05 – 6:50 AM	Group Cycling* / ***	Cycling	Mitch	Cycling Studio
8:30 – 9:30 AM	Aqua Motion	Water	Debbie	Main Pool
8:35 – 9:15 AM	Bar Strength** / ***	Land	Nancy	Ferris Studio
9:25 – 10:15 AM	Group Cycling* / ***	Cycling	Larry	Cycling Studio
9:30 – 10:15 AM	Step	Land	Diane	Ferris Studio
9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
9:30 – 10:45 AM	Yoga***	Land	Leahn	Main Studio
10:15 – 10:45 AM	Strength Training	Land	Diane	Ferris Studio
11:00 – 12:00 PM	Pilates***	Land	Josie	Ferris Studio
12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
5:25 – 6:40 PM	Cardio Bar** / ***	Land	Pat	Ferris Studio
5:45 – 6:40 PM	Group Cycling* / ***	Cycling	Valerie	Cycling Studio
6:45 – 7:30 PM	Beg. Group Cycling*/***	Cycling	Amy	Cycling Studio
6:50 – 7:50 PM	Dance Aerobics	Land	Judy	Ferris Studio
7:30 – 8:30 PM	Liquid Cardio	Water	Barbara	Ferris Pool
8:00 – 8:45 PM	Zumba***	Land	Trina	Ferris Studio

Wednesday

5:45 – 6:30 AM	Group Cycling* / ***	Cycling	Robyn	Cycling Studio
8:40 – 9:40 AM	Cardio Strength and Tone	Land	Dianna	Ferris Studio
8:30 – 9:30 AM	Aqua Motion	Water	Debbie	Main Pool
9:15 – 10:15 AM	Group Cycling* / ***	Cycling	Erica	Cycling Studio
9:15 – 10:30 AM	Step and Strength	Land	Diane	Main Studio
9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
9:50 – 10:50 AM	Dance Aerobics	Land	Barb	Ferris Studio
10:45 – 12:00 PM	Yoga***	Land	Jayne	Main Studio
10:55 – 11:40 AM	Body Sculpting	Land	Trina	Ferris Studio
11:50 – 12:40 PM	Silver Sneakers I	Land	Trina	Ferris Studio
12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
12:45 – 1:35 PM	Silver Sneakers II	Land	Trina	Ferris Studio
5:30 – 6:30 PM	Pilates***	Land	Heidi	Ferris Studio
6:00 – 6:45 PM	Deep Water Workout	Water	Jill	Main Pool
6:00 – 7:00 PM	Group Cycling* / ***	Cycling	Bob	Cycling Studio
6:35 – 7:20 PM	Zumba***	Land	Katy	Ferris Studio
7:30 – 8:45 PM	Yoga***	Land	Katy	Main Studio

	Time	Class	Type	Instructor	Location
Thursday	5:15 – 6:00 AM	Group Cycling* / ***	Cycling	Chip	Cycling Studio
	6:05 – 6:50 AM	Group Cycling* / ***	Cycling	Bob	Cycling Studio
	8:30 – 9:30 AM	Aqua Motion	Water	Debbie	Main Pool
	8:35 – 9:15 AM	Bar Strength** / ***	Land	Nancy	Ferris Studio
	9:25 – 10:15 AM	Group Cycling* / ***	Cycling	Larry	Cycling Studio
	9:30 – 10:15 AM	Step	Land	Diane	Ferris Studio
	9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
	9:30 – 10:45 AM	Yoga***	Land	Leahn	Main Studio
	10:15 – 10:45 AM	Strength Training	Land	Diane	Ferris Studio
	11:00 – 12:00 PM	Pilates***	Land	Leahn	Ferris Studio
	12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
	5:45 – 6:40 PM	Group Cycling* / ***	Cycling	Valerie	Cycling Studio
	6:45 – 7:30 PM	Beg. Group Cycling* / ***	Cycling	Chris	Cycling Studio
	6:50 – 7:50 PM	Dance Aerobics	Land	Judy	Ferris Studio
	7:00 – 8:15 PM	Yoga***	Land	Paul	Main Studio
7:30 – 8:30 PM	Liquid Cardio	Water	Barbara	Ferris Pool	

Friday	5:45 – 6:30 AM	Group Cycling* / ***	Cycling	Bob	Cycling Studio
	8:40 – 9:40 AM	Cardio Strength and Tone	Land	Jackie	Ferris Studio
	8:30 – 9:30 AM	Aqua Motion	Water	Debbie	Main Pool
	9:15 – 10:15 AM	Group Cycling* / ***	Cycling	Heidi	Cycling Studio
	9:15 – 10:30 AM	Step and Strength	Land	Patty	Main Studio
	9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
	9:50 – 10:50 AM	Zumba/Tone***	Land	Barb	Ferris Studio
	10:55 – 11:40 AM	Body Sculpting	Land	Erica	Ferris Studio
	11:50 – 12:40 PM	Silver Sneakers I	Land	Erica	Ferris Studio
	12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
	5:45 – 6:45 PM	Zumba***	Land	Trina	Ferris Studio
6:00 – 6:45 PM	Deep Water Workout	Water	Jill	Main Pool	

Saturday	7:15 – 8:15 AM	Group Cycling* / ***	Cycling	Rotating	Cycling Studio
	7:15 – 8:30 AM	Cardio Bar** / ***	Land	Erica/Pat	Ferris Studio
	8:30 – 9:30 AM	Group Cycling* / ***	Cycling	Rotating	Cycling Studio
	8:30 – 9:45 AM	Yogalates***	Land	Jessica	Main Studio
	8:45 – 10:00 AM	Step and Strength	Land	Rotating	Ferris Studio
	10:15 – 11:15 AM	Dance Aerobics	Land	Judy	Ferris Studio

***Reserve a bike by phone one hour before class begins. Reservations for early morning classes are taken the evening prior. It is recommended that participants bring their own towels and water bottles to class. Padded bike shorts or gel seats are optional. First time cyclists please arrive 10 minutes early for bike settings.**

****For AM classes, call to reserve bar beginning at 8:15 PM the prior evening.**

****For PM classes, call to reserve bar beginning 1 hour before class starts.**

*****Yoga, Yogalates, Pilates, Zumba, Bar and Cycling classes are Members Only.**



We build strong kids, strong families, strong communities.