

Y GROUP EXERCISE™

Blue Ash YMCA
Group Exercise Schedule
July & August 2010
513-791-5000

Monday

5:45 – 6:30 AM	Group Cycling*	Cycling	Larry	Cycling Studio
7:35 – 8:20 AM	Silver Sneakers MSROM	Land	Brenda	Ferris Studio
8:30 – 9:30 AM	Aqua Motion/Silver Splash	Water	Jill	Main Pool
8:40 – 9:40 AM	Cardio Pilates Mix	Land	Dianna	Ferris Studio
9:15 – 10:15 AM	Group Cycling*	Cycling	Robyn	Cycling Studio
9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
9:50 – 10:50 AM	Dance Aerobics	Land	Barb	Ferris Studio
10:30 – 11:40 AM	Yoga	Land	Jessica	Main Studio
10:55 – 11:40 AM	Body Sculpt	Land	Rania	Ferris Studio
11:55 – 12:40 PM	Silver Sneakers MSROM	Land	Jessica	Ferris Studio
12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
12:45 – 1:35 PM	Silver Sneakers Cardio Circuit	Land	Jessica	Ferris Studio
5:40 – 6:40 PM	Pilates	Land	Leahn	Ferris Studio
6:00 – 6:45 PM	Deep Water Workout	Water	Debbie	Main Pool
6:00 – 7:00 PM	Group Cycling*	Cycling	Erica	Cycling Studio
6:50 – 8:05 PM	Step and Strength	Land	Katy	Ferris Studio
7:00 – 8:15 PM	Yoga	Land	Heidi/Hayley	Main Studio

Tuesday

Loveland New Hope
Baptist Church:

9 AM Silver Sneakers -
MSROM

Instructor: Jackie

5:15 – 6:00 AM	Group Cycling*	Cycling	Chip	Cycling Studio
6:05 – 6:50 AM	Group Cycling*	Cycling	Valerie	Cycling Studio
8:30 – 9:30 AM	Aqua Motion/Silver Splash	Water	Jill	Main Pool
9:25 – 10:15 AM	Group Cycling*	Cycling	Heidi	Cycling Studio
9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
9:30 – 10:45 AM	Yoga	Land	Leahn	Main Studio
11:00 – 12:00 PM	Pilates	Land	Josie	Ferris Studio
11:00 – 12:00 PM	Warm Water Workout	Water	Ruth	Main Pool
5:45 – 6:45 PM	Zumba	Land	Katy	Ferris Studio
6:00 – 7:00 PM	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

Wednesday

5:45 – 6:30 AM	Group Cycling*	Cycling	Robyn	Cycling Studio
7:35 – 8:20 AM	Silver Sneakers MSROM	Land	Brenda	Ferris Studio
8:30 – 9:30 AM	Aqua Motion/Silver Splash	Water	Jill	Main Pool
8:40 – 9:40 AM	Cardio Strength and Tone	Land	Dianna	Ferris Studio
9:15 – 10:30 AM	Step and Strength	Land	Judy	Main Studio
9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
9:40 – 10:40 AM	Group Cycling*	Cycling	Erica	Cycling Studio
9:50 – 10:50 AM	Dance Aerobics	Land	Barb	Ferris Studio
10:45 – 12:00 PM	Yoga	Land	Jessica	Main Studio
10:55 – 11:40 AM	Body Sculpt	Land	Erica	Ferris Studio
11:55 – 12:40 PM	Silver Sneakers MSROM	Land	Jackie	Ferris Studio
12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
12:45 – 1:35 PM	Silver Sneakers Cardio Circuit	Land	Jackie	Ferris Studio
5:30 – 6:30 PM	Pilates	Land	Heidi	Ferris Studio
6:00 – 6:45 PM	Deep Water Workout	Water	Debbie	Main Pool
6:00 – 7:00 PM	Group Cycling*	Cycling	Bob	Cycling Studio

Thursday Loveland New Hope Baptist Church: 10 AM Silver Sneakers – MSROM Instructor: Jackie	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/Silver Splash	Water	Jill	Main Pool
	9:25 – 10:15 AM	Group Cycling*	Cycling	Heidi	Cycling Studio
	9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
	9:30 – 10:45 AM	Yoga	Land	Leahn	Main Studio
	11:00 – 12:00 PM	Pilates	Land	Leahn	Ferris Studio
	11:00 – 12:00 PM	Warm Water Workout	Water	Ruth	Main Pool
	5:45 – 6:45 PM	Zumba	Land	Katy	Ferris Studio
	6:00 – 7:00 PM	Group Cycling*	Cycling	Myia	Cycling Studio
	6:50 – 7:50 PM	Dance Aerobics	Land	Judy	Ferris Studio
7:55 – 8:40 PM	Liquid Cardio	Water	Barbara	Ferris Pool	

Friday	5:45 – 6:30 AM	Group Cycling*	Cycling	Bob	Cycling Studio
	7:35 – 8:20 AM	Silver Sneakers MSROM	Land	Brenda	Ferris Studio
	8:30-9:30 AM	Aqua Motion/Silver Splash	Water	Jill	Main Pool
	8:40 – 9:40 AM	Cardio Strength and Tone	Land	Jackie	Ferris Studio
	9:15 – 10:30 AM	Step and Strength	Land	Judy	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	Trina	Ferris Studio
	11:55 – 12:40 PM	Silver Sneakers MSROM	Land	Trina	Ferris Studio
	12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
	6:00 – 6:45 PM	Deep Water Workout	Water	No Instructor	Main Pool

Saturday	7:15 – 8:30 AM	Bar Bootcamp	Land	Erica/Pat	Ferris Studio
	7:20 – 8:20 AM	Group Cycling*	Cycling	Rotating	Cycling 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.**

1. In order to reserve a bike, you must speak with a Member Services Representative; voicemail messages will not be counted as reservations.
2. One reservation allowed per phone call.
3. You will forfeit your spot if you are not present at the start of class. Your bike will be given to the first person on the waiting list.
4. Members may sign up for a second (consecutive) class if there is availability after they have completed their first class.
Call 791-5000 to reserve your bike.

*****The Ferris Studio/Building will be closed August 15th-August 28th*****

**All group exercise classes are Members Only.
Those with guest passes may take group exercise classes with the exception of Group Cycling.**

