

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Gamble-Nippert Group Exercise Schedule

Winter, 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|
| 6am Workout express 9:15a Circuit training Linda H 10:20 Gentle Motion Zmara 11:45 Gentle Yoga Steve 1p Tai Chi Steve 5:45p Pilates Linda W 7p Cardio/Ball Zmara 8:05p Muscle Pump Carol | *9a SilverSneakers Muscular Strength Linda H 10am Muscle Pump Christy 11:30 Pilates, Linda 12:45pm Kathy Step & Strengthen 6:00 –7:30p Cardio & Strength Peggy 7:35 Yoga, Steve | 6am Workout express 8:45 Core Conditioning 45min Christy 9:45 Low Impact Dancing 30 min , Zmara 10:20 Gentle Motion Zmara 11:45- Fitness Yoga Anele *1pm SilverSneakers Muscular Strength-Steve 5:45p Pilates Linda W 7p Cardio/Ball Zmara 8:05p Muscle Pump Carol | *9a Cardio Circuit II Silersneakers Linda W 10am Muscle Pump Christy 11:30 Pilates, Linda 12:45pm Kathy Step & Strengthen 6:00 –7:30p Cardio & Strength Peggy | 6am Workout express *9:30 Low Impact Dancing, Zmara *10:30am SilverSneakers Muscular Strength Zmara 11:30 YogaPilates Ball Linda W *=45min classes | *8:45 Step Aerobics 9:35 Muscle Pump 10:30 YogaPilates Ball Instructors rotate |
| <u>WATER EXERCISE</u> *8:15 Stretch 9a Taste of Aquatic Fitness *10:00 Aquacise 10:45 SilverSplash | <u>WATER EXERCISE</u> *9a Cardio Run | <u>WATER EXERCISE</u> *8:15 Stretch 9a Taste of Aquatic Fitness *10:00 Aquacise 10:45 SilverSplash | <u>WATER EXERCISE</u> *9a Cardio Run | <u>WATER EXERCISE</u> *8:15 Stretch *9a Taste of Aquatic Fitness *9:45 Aquacise 10:45 SilverSplash | <u>WATER EXERCISE</u> *9a Deep Water Splash |