



# M.E. Lyons YMCA Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group Cycling</b> 5:30-6:30 AM Kristie		<b>Group Cycling</b> 5:30-6:30 AM Cathy/Curtis		<b>Group Cycling</b> 5:30-6:30 AM Cathy/Curtis	<b>Group Cycling</b> 7:00-8:00 AM Cathy/Curtis
<b>Physical Fitness</b> 6:00-6:55 AM Studio-Paul & Lenny	<b>Stretching</b> 6:15-6:45 AM Studio-JoAnn	<b>Physical Fitness</b> 6:00-6:55 AM Studio-Paul & Lenny	<b>Stretching</b> 6:15-6:45 AM Studio-JoAnn	<b>Physical Fitness</b> 6:00-6:55 AM Studio-Paul & Lenny	<b>Zumba</b> 8:00-8:55 PM Studio-Lisa/Robin
<b>Zumba</b> 9:30-10:25 AM Gym-Lisa	<b>Circuit Training</b> 9:30-10:25 AM Gym-Lynn	<b>Zumba</b> 9:30-10:25 AM Gym-Lisa	<b>Circuit Training</b> 9:30-10:25 AM Gym-Lynn	<b>Zumba</b> 9:30-10:25 AM Gym-Lisa	<b>Cardio Kickboxing</b> 9:00-9:55 AM Studio-Shelly
<b>Body Sculpting</b> 9:30-10:25 AM Studio-Lynn	<b>Cardio Kickboxing</b> 9:30-10:25 AM Studio-Paige	<b>Bench Sculpting</b> 9:30-10:25 AM Studio-Lynn	<b>Cardio Kickboxing</b> 9:30-10:25 AM Studio-Paige	<b>Body Sculpting</b> 9:30-10:25 AM Studio-Lynn	<b>Pilates</b> 10:00-10:55 AM Cycling Studio-Stacy/Kathie
<b>Group Cycling</b> 9:45-10:45 AM Kim	<b>Group Cycling</b> 9:45-10:15 AM Shari	<b>Group Cycling</b> 9:45-10:45 AM Kim	<b>Group Cycling</b> 9:45-10:15 AM Shari		<b>Step Aerobics</b> 10:00-11:15 AM Studio-Mary Ann
<b>Pilates</b> 10:30-11:25 AM Studio-Shari	<b>Yoga</b> 10:30-11:25 AM Studio-Joanne	<b>Pilates</b> 10:30-11:25 AM Studio-Shari	<b>Yoga</b> 10:30-11:25 AM Studio-Joanne	<b>Pilates</b> 10:30-11:25 AM Studio-Stacy	<p><b>*Subject to change</b></p> <p>January 2010</p> <p><b>Don't forget to Log-In at the FitLinxx Studio Partner!</b></p> <p><b>Cycling</b></p> <p><b>Silver Sneakers</b></p> <p><b>Dance</b></p> <p><b>Strength Training</b></p> <p><b>Cardio/Strength Combo</b></p> <p><b>Spirit/Mind/Body</b></p>
	<b>SilverSneakers MSROM</b> 11:45-12:30 PM Studio-Ramsey	<b>SilverSneakers CardioCircuit</b> 11:45-12:30 PM Studio-Erin	<b>SilverSneakers MSROM</b> 11:45-12:30 PM Studio-Ramsey	<b>SilverSneakers CardioCircuit</b> 11:45-12:30 PM Studio-Lisa	
<b>SilverSneakers YogaStretch</b> 1:15-2:00 PM Studio-Marsha					
<b>Step Aerobics</b> 6:00-6:55 PM Studio-Mary Ann	<b>Cardio Kickboxing</b> 6:00-6:55 PM Studio-Joyce	<b>Step Aerobics</b> 6:00-6:55 PM Studio-Mary Ann	<b>Cardio Kickboxing</b> 6:00-6:55 PM Studio-Joyce		
<b>Group Cycling</b> 6:40-7:40 PM Jen	<b>Group Cycling</b> 6:00-7:00 PM Kate	<b>Group Cycling</b> 6:40-7:40 PM Jen	<b>Group Cycling</b> 6:00-7:00 PM Kate		
<b>Weighted Workout</b> 7:00-7:55 PM Studio-Mary Ann	<b>Zumba</b> 6:45-7:30 PM Gym - Robin	<b>Weighted Workout</b> 7:00-7:55 PM Studio-Mary Ann	<b>Zumba</b> 6:45-7:30 PM Gym - Robin		
<b>Pilates</b> 8:00-8:55 PM Studio-Kathie	<b>Yoga</b> 7:00-7:55 PM Studio-Amy	<b>Pilates</b> 8:00-8:55 PM Studio-Shannon	<b>Yoga</b> 7:00-7:55 PM Studio-Amy		