



**RC Durr Group Exercise
Summer Schedule
June 2 to August 10, 2008**

Time	Class	Location	Instructor
Monday			
Day			
6:00 - 7:00am	Group Cycle	Cycle Studio	Jennifer R.
8:35 - 9:05	Upper Body Sculpt	Aerobics Studio	Beth
9:00 - 9:45am	Beginner Zumba	Gymnasium	Linda
9:10 - 9:55am	Variety Cardio	Aerobics Studio	Lori D.
9:10 - 9:55am	Senior Aerobics	Club Room B	Beth
10:00 - 10:25am	Lower Body Sculpt	Aerobics Studio	Lori D.
10:00 - 10:30am	SilverSneakers Strength	Club Room B	Beth
10:00 - 11:00am	Group Cycle	Cycle Studio	Linda
10:30 - 11:15am	Aerofit	Aerobics Studio	Lori D.
10:30 - 11:15am	Mat Pilates	Aerobics Studio	Terri
11:30 - 12:45pm	Gentle Yoga	Aerobics Studio	Lorna
Evening			
5:30 - 6:15pm	Step Aerobics	Aerobics Studio	Stacy M.
6:15 - 6:30pm	Ab Blaster	Aerobics Studio	Elisabeth/Stacy M
6:30 - 7:30pm	Group Cycle	Cycle Studio	Martie
6:30 - 7:00pm	Variety Sculpt	Aerobics Studio	Elisabeth
7:05 - 7:50pm	Kickboxing	Aerobics Studio	Elisabeth
7:30 - 8:30pm	Zumba	Gymnasium	Lori M.
7:35 - 8:30pm	Mat Pilates	Club Room B	Martie
Tuesday			
Day			
6:00 - 7:00am	Group Cycle	Cycle Studio	Keri
9:00 - 9:45am	Group Cycle	Cycle Studio	Mary Beth
9:00 - 9:45am	Step Aerobics	Aerobics Studio	Julie
10:00 - 10:25am	Body Sculpt	Aerobics Studio	Julie
10:00 - 10:45am	Yogastretch	Club Room B	Terri
10:00 - 11:00am	Youth Power	Meet Inst by Aero Studio	Maggie
10:30 - 11:30am	Zumba	Aerobics Studio	Lori D.
1:00 - 1:45pm	Sit & Be Fit	Aerobics Studio	Terri
Evening			
6:30 - 7:30pm	Group Cycle	Cycle Studio	Nancy
6:30 - 7:30pm	Hatha Yoga	Aerobics Studio	Terri
7:40 - 8:40pm	Boot Camp	Aerobics Studio	Kisha
Wednesday			
Day			
6:00 - 7:00am	Group Cycle	Cycle Studio	Nancy
6:00 - 7:00am	Power Yoga	Aerobics Studio	Katy
8:35 - 9:05am	BLT	Aerobics Studio	Beth
9:00 - 9:45am	Intermediate Zumba	Gymnasium	Linda
9:10 - 9:55am	Senior Aerobics	Club Room B	Beth
9:10 - 9:55am	Variety Cardio	Aerobics Studio	Mary Beth
10:00 - 10:25am	Upper Body Sculpt	Aerobics Studio	Beth
10:00 - 10:30am	Senior Strength	Club Room B	Terri
10:00 - 10:45am	Group Cycle	Cycle Studio	Mary Beth
10:00 - 10:45 am	Boot Camp	Gymnasium	Jenny
10:30 - 11:15am	Aerofit	Aerobics Studio	Linda
10:30 - 11:15am	Beginner Yoga/Pilates Fusion	Aerobics Studio	Keri
11:30 - 12:45pm	Gentle Yoga	Aerobics Studio	Lorna
Evening			
6:15 - 7:00	Boot Camp	Aerobics Studio	Elizabeth
6:30 - 7:30pm	Group Cycle	Cycle Studio	Martie
7:00 - 7:15pm	Ab Blaster	Aerobics Studio	Elizabeth
7:30 - 8:30pm	Zumba	Gymnasium	Lori M.
7:35 - 8:30pm	Mat Pilates	Club Room B	Martie

See aerobics board for Saturday cycling and instructors choice rotation

Cycling and Yoga Enthusiasts Please note Sunday afternoon combo class or Cycling and Yoga. Come for one or both!

Youth Power at new time on Tuesday morning. Parents get your workout in at the same time

YMCA Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Thursday**Day**

6:00 - 7:00am	Group Cycle	Cycle Studio	Keri
9:00 - 9:45am	Group Cycle	Cycle Studio	Mary Beth
9:00 - 9:45am	Step Aerobics	Aerobics Studio	Julie
9:30 - 10:15am	Boot Camp	Gymnasium	Beth
10:00 - 10:25am	Body Sculpt	Aerobics Studio	Julie
10:00 - 10:45am	Yogastretch	Club Room B	Terri
10:30 - 11:30am	Zumba	Aerobics Studio	Julie
1:00 - 1:45pm	Ballroom Dancing	Aerobics Studio	Wil & Carolyn
2:00 - 2:45pm	Ballroom Dancing	Aerobics Studio	Wil & Carolyn

Evening

5:30 - 6:15pm	Zumba Kids	Aerobics Studio	Stacy S.
6:30 - 7:30pm	Group Cycle	Cycle Studio	Eleana
6:30 - 7:30pm	Hatha Yoga	Aerobics Studio	Shannon
7:30 - 8:30pm	Zumba	Gymnasium	Amy
7:30 - 8:30pm	Boot Camp	Aerobics Studio	Kisha

Friday**Day**

8:35 - 9:05am	Lower Body Sculpt	Aerobics Studio	Beth
9:10 - 9:55am	Zumba	Aerobics Studio	Lori D.
9:15 - 10:00am	Senior Aerobics	Club Room B	Beth
10:00 - 10:45am	Group Cycle	Cycle Studio	Linda
10:00 - 10:25am	Abs	Aerobics Studio	Lori D.
10:10 - 10:55am	Boot Camp	Gymnasium	Jenny
10:10 - 10:55am	Senior Strength	Club Room B	Terri
10:30 - 11:15am	Aerofit	Aerobics Studio	Lori D.
11:00 - 11:45am	Mat Pilates	Club Room B	Terri
11:30 - 1:00pm	Hatha Yoga	Aerobics Studio	Charlotte

Saturday

8:15 - 9:15am	Hatha Yoga	Aerobics Studio	Shannon
9:30 - 10:15am	Beginner Cycling	Cycle Studio	Eleana
9:30 - 10:30am	Instructors Choice	Aerobics Studio	Instructor Rotation
10:30 - 11:30am	Group Cycle	Cycle Studio	Instructor Rotation

Sunday

1:45 - 2:45pm	Group Cycle	Cycle Studio	Eleana
3:00 - 4:15pm	Hatha Yoga	Aerobics Studio	Terri