



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January Group Exercise Schedule Troy Family YMCA

| Studio | | | | | | |
|---|--|---|--|--|--|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | FIT Camp 06:00-06:45am Joanne | | | |
| Cardio Conditioning with Sculpt Intervals 08:30-09:15am Michelle | | | Pilates Mat 08:00-08:55am Christine | | | Cardio Conditioning with Sculpt Intervals 08:30-09:25am Kim/Lisa |
| Power Sculpt 09:15-10:00am Michelle | Zumba 09:00-09:55am Dene | Zumba Gold 09:00-10:00am Rich | Body Sculpt 09:00-09:55am Rich | Cardio Conditioning with Sculpt Intervals 09:00-10:00am Amy | Zumba 09:00-09:55am Concetta | Awesome Abs 09:30-09:45am Kim/Lisa |
| | | | | | | Zumba 09:45-10:45am Kimberly |
| Zumba 10:05-11:00am Lynne | Forever Fit 10:00-10:30am Rebecca | | | | Forever Fit 10:00-10:30am Rich | |
| | Woman on Weights 11:30-12:00pm Rebecca | | | | | |
| | Cardio Conditioning with Sculpt Intervals 04:30-05:15pm Kim | Tabata 04:30-05:00pm Blythe/Karen | Cardio Pump 04:30-05:15pm Lisa | Body Sculpt 04:30-05:15pm Judy | Tabata/Kickboxing 04:30-05:15pm Connie/Eileen | |
| | Awesome Abs 05:15-05:30pm Kim | Body Sculpt 05:00-05:30pm Blythe/Karen | Awesome Abs 05:15-05:30pm Lisa | Awesome Abs 05:15-05:30pm Judy | Awesome Abs 05:15-05:30pm Connie/Eileen | |
| | Intermediate Step 05:30-06:15pm Lisa | Butts & Gutts 05:35-06:30pm Joanne/Karen | Beginner Step 05:30-06:00pm Lisa | | | |
| | Turbo Kick 06:20-07:15pm Rebecca | Zumba 06:35-07:30pm Sarah | Turbo Kick 06:05-07:00pm Rebecca | Zumba Toning 06:00-06:30pm Julie | | |
| | | | | Zumba 06:35-07:30pm Julie | | |
| Community Room | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | Silver Sneakers/MSROM 09:15-10:00am Barb Harris | | | | Silver Sneakers/MSROM 09:15-10:00am Jean | |
| | Pilates Mat 06:15-07:00pm Lisa | | | | | |



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| Teen Center | | | | | | |
|--------------------|---|--------------------------------------|--------------------------------------|-----------------|--|-----------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | Chair Aerobics 10:30-11:15am Rebecca | Yoga 10:00-11:00am Toni | | | Chair Aerobics 10:30-11:15am Rich | |
| | | | Yoga 06:00-07:00pm Toni | | | |



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| Computer Lab | | | | | | |
|---------------------|---------------|----------------|---|-----------------|---------------|-----------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | Pilates Mat 06:00-06:30pm Lisa | | | |

Group Exercise Schedule : As of February 11, 2012