



# DECEMBER 2010



JF Hurley Family YMCA Group Exercise schedule. Aerobic room schedule front ,MP on back!

YMCA Open house January 8th 2011! Les Mills Big Quarterly Launch January 22nd!

Please look for our Holiday Class schedule on Monday December 20th!!! Y Closed 30,31,1st!

MONDAY				WEDNESDAY			
A.M.	ROOM	CLASS	INSTRUCTOR	A.M.	ROOM	CLASS	INSTRUCTOR
5:50-6:45	A	POWER FLEX	STEVE	5:50-6:45	A	POWER FLEX	STEVE
7-8	Lobby	Walking CLASS	Donnie	7-8	Lobby	Walking CLASS	Donnie
8-8:55	A	Esterciz	ESTER	8-8:55	A	Esterciz	ESTER
9-10AM	A	Intense cardio mix	ROBIN	9-10AM	A	Intense cardio mix	ROBIN
10:05-11AM	A	Cardio mix	HELENA	10:05-11AM	A	ZUMBA GOLD	HELENA
11:05-12:05		BODYVIVE	Michelle	11:05-12PM	MP	HI-LO AND BATH	HELENA
P.M.				P.M.			
11:30-12PM	MP	EXTREME ABS with	MARTI	11:00-12PM	A	NEW! Extreme Cardio& EXTREME ABS with	MARTI
12:15-1:15	A	BODY PUMP	MARTI	12:15-1:15PM	A	BODYPUMP	TAMMY
1:30-2:15PM	A	Body movement	HELENA	1:30-2:15	A	Body movement	HELENA
3-3:55	A	Beginners yoga	TIM	3-3:55	A	Beginners yoga	TIM
4:00-5:00PM	A	BODYCOMBAT!!	Amy is BACK!	4:00-5:00PM	A	BODYCOMBAT!!	Amy is BACK!
5:15-6PM	MZ	Biking class	Holy,Carmen	5-6PM	MP	ZUMBA	CAROL
5:25PM-6:25	A	BODYVIVE	JANET	5:15-6	MZ	Biking class	Joe Campola
6:30-7:25PM	A	STEP MIX	BEVERLY	5:25-6:25	A	BODYVIVE	JANET
7:30-8:30	A	BODYPUMP!!	BECKY	6:30-7:30	A	BODYFLOW!	GREER
TUESDAY				THURSDAY			
A.M.	ROOM	CLASS	INSTRUCTOR	A.M.	ROOM	CLASS	INSTRUCTOR
6-6:45AM	MZ	BIKE	HOLLY	6-6:45AM	MZ	BIKE	HOLLY
8-8:55AM		Estelatte	Ester	8-8:55AM		Estelatte	Ester
9-9:45	MZ	Biking class	Joe	9-9:45	MZ	Biking class	Joe
9-9:55	A	Chair Yoga	Gail	9-9:55	A	Chair Stretch 'n Tone	Gail
10-11	A	Body Combat	MARTI	10-11	A	"Bootie Camp" Marie!!!	Body Combat with Jen coming in Jan!
11:05-12:05	A	BODYSTEP	MICHELLE	11:05-12:05	A	BODYSTEP	MICHELLE
12:15-1:15		BODYFLOW	Michelle	12:15-1:15		BODYFLOW	Michelle
P.M.				P.M.			
3:50-4:50	A	BODYVIVE	GREER	3:50-4:50	A	BODYVIVE	GREER
4:55!-5:55		BODYPUMP	TAMMY	4:55!-5:55	A	BODY PUMP	GREER
5:30-6:30PM	MP	ZUMBA!	Yolanda!	5:30-6:30PM	MP	ZUMBA!	Yolanda!
6-6:45PM	MZ	NEW! Biking class!!	Teresa 1st class 12/7	6-6:45PM	MZ	NEW! Biking class!!	Teresa 1st class 12/9
6-7PM		BRYAN'S BOOTCAMP !!!	Bryan!	6-7PM		BRYAN'S BOOTCAMP !!!	Bryan!
7:15-8:10	A	ADVANCED TAI CHI	TIM	7:15-8:10PM	A	BEGINNING TAI CHI	TIM
FRIDAY				SATURDAY			
A.M.	ROOM	CLASS	INSTRUCTOR	A.M.	ROOM	CLASS	INSTRUCTOR
5:50-6:45	A	POWER FLEX	STEVE	8:15-9:00	MZ	BIKE CLASS	JOE HALL
7-8	Lobby	Walking	Donnie	Due to very low numbers there will be no 9AM class.			
8-8:55	A	Esterciz	ESTER	9AM class will return in Jan! Please try any of our other classes			
9-10AM		Intense cardio mix	ROBIN	10-10:55A		Body Step/ Step	Kelly L, Beverly, Michelle,Janet, Carmen
10:05-11AM	A	Zumba Gold	Tonec Helena	11-12:30PM		BODYPUMP NEW	actual class=11AM technique AFTER
11:05-12:05	A	BODYVIVE	MICHELLE	Rotating instructors are Marti M, Marti B, Tammy, Greer, Kelly L 12:15-12:30 more technique if needed.			
12:15-1:15	A	BODY PUMP	MARTI	SUNDAY			
1:30-2:15	A	Body movement	HELENA	P.M	ROOM	CLASS	INSTRUCTOR
3-3:55	A	Beginners yoga	TIM	3-4PM	A	STEP MIX	Teresa, Beverly,Katrena, Carmen
4:00-5:00PM	A	BODYSTEP	KELLY L! NEW TIMI				
5:15-6:15PM	A	NEW!!!! "BOOTIE"CAMP	MARIE!!				
6PM-7PM		NEW!!! MZ ZUMBA "CLUB NIGHT"!	KATIE, CAROL, YOLANDA				

1st time for BODY PUMP? We highly recommend to take Saturdays class first!

Because there are lots of programs offered here at the YMCA, we sometimes have to move a class or even cancel some. We appreciate your patience and understanding. THANK YOU!

THE YMCA RESERVES THE RIGHTS TO CANCEL A CLASS WITH LESS THAN 5 PARTICIPANTS

# Multi Purpose room and Mezzanine schedule!

A=AEROBICS ROOM	Adequate hydration is highly recommended for all classes.
MP=MULTI PURPOSE ROOM	
MZ=MEZZANINE	For Bike classes seat pads or bike shorts are highly recommended.
FC=FITNESS CENTER	

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### MONDAY WEDNESDAY

9-10AM MP Yoga/Stretch <i>FRANCES</i>	9-10AM MP Yoga/Stretch <i>FRANCES</i>
11:30-12PM In MP EXTREME ABS with <i>MARTI</i>	11:05-12PM MP!!!! HI-LO AND BATH <i>HELENA</i>
P.M.	P.M.
5-6 ZUMBA! <i>KATIE!</i>	5-6PM MP_ZUMBA! <i>CAROL</i>
	5:15-6PM Track Walking class <i>Tammy L</i>
	6-6:45 MZ Metabolic Circuit <i>Tammy L</i>
7-7:45PM MZ Metabolic Circuit <i>TAMMY L</i>	

### TUESDAY THURSDAY

8:30-8:55 MP Oxibreathing <i>Barbara!</i>	8:30-8:55 MP Oxibreathing <i>Barbara!</i>
5:30-6:30PM ZUMBA! <i>Yolanda!</i>	5:30-6:30PM ZUMBA! <i>Yolanda!</i>
5:15-6PM NEW! Track Conditioning & Tone <i>Tammy L</i>	5:15-6PM NEW! Track Conditioning & Tone <i>Tammy L</i>
6-6:45 Mezzanine Metabolic Circuit <i>Tammy L</i>	6-6:45 Mezzanine Metabolic Circuit <i>Tammy L</i>

### FRIDAY

9-10AM MP Yoga/Stretch <i>FRANCES</i>	
6PM-7PM NEW!!! MZ ZUMBA "CLUB NIGHT"! <i>KATIE, CAROL, YOLANDA!!</i>	
7-7:45 Metabolic Circuit Mezzanine with <i>Tammy L</i>	

IF YOU LIKE YOUR CLASS MAKE SURE YOU PARTICIPATE AND BRING FRIENDS. IF NUMBERS STAY LOW YOU MIGHT LOSE YOUR FAVORITE CLASS.....VOTE WITH YOUR ATTENDANCE!!!!