



SEPTEMBER 2010

JF Hurley Family YMCA Group Exercise schedule. Aerobic room schedule front



are partially closed for maintenance from Mon August 30th-Tu Sept 7th

Multi purpose room schedule on back of this form!!! NO CLASSES TILL SEPT 7th

MONDAY

A.M.	ROOM	CLASS	INSTRUCTOR
5:50-6:45	A	POWER FLEX	STEVE
7-8	Lobby	Walking CLASS	Donnie
8-8:55	A	Esterciz	ESTER
9-10AM	A	Intense cardio mix	ROBIN
10:05-11AM	A	Cardio mix	HELENA
11:05-12:05		BODYVIVE	Michelle
P.M.			
11:30-12PM	MP	EXTREME ABS with	MARTI
12:15-1:15	A	BODY PUMP	MARTI
1:30-2:15PM	A	Body movement	HELENA
3-3:55	A	Beginners yoga	TIM
4:00-5:00PM	A	BODYSTEP	TERESA!
!!Amy will return after her foot has healed!!			
5:15-6PM	MZ	Biking class	Cindy,Carmen
5:25PM-6:25	A	BODYVIVE	JANET
6:30-7:25PM	A	STEP MIX	BEVERLY
7:30-8:30	A	NEW! BODYPUMP!!	BECKY!! 9/13

WEDNESDAY

A.M.	ROOM	CLASS	INSTRUCTOR
5:50-6:45	A	POWER FLEX	STEVE
7-8	Lobby	Walking CLASS	Donnie
8-8:55	A	Esterciz	ESTER
9-10AM	A	Intense cardio mix	ROBIN
10:05-11AM	A	ZUMBA GOLD	HELENA
11:05-12PM	MP	HI-LO AND BATH	HELENA
P.M.			
11:00-12PM	A	NEW!! Extreme Cardio& EXTREME ABS with	MARTI
12:15-1:15PM	A	BODYPUMP	TAMMY
1:30-2:15	A	Body movement	HELENA
3-3:55	A	Beginners yoga	TIM
4:00-5:00PM	A	BODYSTEP	TERESA!
5-6PM	MP	ZUMBA	CAROL
5:15-6	MZ	Biking class	Joe Campora
5:25-6:25	A	BODYVIVE	JANET
6:30-7:30	A	BODYFLOW!	GREER

TUESDAY

A.M.	ROOM	CLASS	INSTRUCTOR
6-6:45AM	MZ	BIKE	HOLLY
7AM	Lobby.	High Intensity Walking NEW!	Donnie
8-8:55AM		Estelatte	Ester
9-9:45	MZ	Biking class	Joe
9-9:55	A	Chair Yoga	Gail
10-11	A	Cardio Pump/Body Combat	SHERRY/MARTI
11:05-12:05	A	BODYSTEP	MICHELLE
12:15-1:15		BODYFLOW	Michelle
P.M.			
3:50-4:50	A	BODYVIVE	GREER
4:55!-5:55		BODYPUMP	TAMMY
5:30-6:30PM	MP	ZUMBA!	Yolanda!
6:00-7:00PM	A	NEW! Extreme Conditioning	
7:15-8:10	A	ADVANCED TAI CHI	TIM

THURSDAY

A.M.	ROOM	CLASS	INSTRUCTOR
6-6:45AM	MZ	BIKE	HOLLY!
7AM	Lobby.	High Intensity Walking NEW!	Donnie
8-8:55AM		Estelatte	Ester
9-9:45	MZ	Biking class	Joe
9-9:55	A	Chair Stretch 'n Tone	Gail
10-11	A	Cardio Pump/Body Combat	SHERRY/MARTI
11:05-12:05	A	BODYSTEP	MICHELLE
12:15-1:15		BODYFLOW	Michelle
P.M.			
3:50-4:50	A	BODYVIVE	GREER
4:55!-5:55	A	BODY PUMP	GREER
5:30-6:30PM	MP	ZUMBA!	Yolanda!
6:00-7:00PM	A	NEW! Extreme Conditioning	
7:15-8:10PM	A	BEGINNING TAI CHI	TIM

FRIDAY

A.M.	ROOM	CLASS	INSTRUCTOR
5:50-6:45	A	POWER FLEX	STEVE
7-8	Lobby	Walking	Donnie
8-8:55	A	Esterciz	ESTER
9-10AM		Intense cardio mix	ROBIN
10:05-11AM	A	Zumba Gold Tonec	Helena
11:05-12:05	A	BODYVIVE	MICHELLE
12:15-1:15	A	BODY PUMP	MARTI
1:30-2:15	A	Body movement	HELENA
3-3:55	A	Beginners yoga	TIM
4:00-5:00PM	A	BODYSTEP	TERESA!
5:15-6:15PM	A	BODYSTEP	KELLY L/SUZANNE

SATURDAY

A.M.	ROOM	CLASS	INSTRUCTOR
8:15-9:00	MZ	BIKE CLASS	JOE HALL NEW!!
9-9:55	A	BODYCOMBAT/kick box	Sherry, Jennifer, Marti M, Katrena
10-10:55A		Body Step/ Step	Kelly L, Beverly, Michelle, Janet, Carmen
11-12:30PM		BODYPUMP NEW	actual class=11AM technique AFTER
Rotating instructors are Marti M, Marti B, Tammy, Greer, Kelly L 12:15-12:30 more technique if needed.			

SUNDAY

P.M.	ROOM	CLASS	INSTRUCTOR
3-4PM	A	STEP MIX	Emily, Beverly, Katrena, Carmen

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	






SEPTEMBER 2010







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 NEW!! 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>	

Besides the Funzone you can now sign your children 5-10yrs old in the climbingwall and 8-10 year olds can be signed in into the Xrkade. This gives you 3 choices; Fun Zone, Climbingwall, Xrkade Two hour limit also applies for Climbingwall and Xrkade. ONLY available when areas are open.

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> 
6-7PM Track Conditioning with <i>Kamali</i>	6-7PM Track Conditioning with <i>Kamali</i> 
7:05-8:05PM <u>Track</u> Conditioning with <i>Kamali</i> 	7:05-8:05PM <u>Track</u> Conditioning with <i>Kamali</i> 
5:15-6PM Track Walking class <i>Tammy L</i>	5:15-6PM Track Walking class <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> 	
	
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!!!!