













# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Updated 6/21/2010  
SUMMER SCHEDULE

<b>Monday</b>		<b>Thursday</b>	
8:30 AM	Easy Does it 	8:15 AM	KettleBell PUMP 
9:30 AM	YOGA	9:00 AM	Dancercize
		10:00 AM	SilverSneakers®
4:30 PM	Shake, Rattle & Roll	4:30 PM	 Zumba
5:30 PM	Body Shock 	5:00 PM	Body Shock
6:00 PM	Cycling CC 	5:30 PM	 Court 1
		6:30 PM	Boot Camp 
		7:30 PM	Lean Mean Abs
<b>Tuesday</b>		<b>Friday</b>	
8:15 AM	KettleBell PUMP	8:30 AM	Easy Does It 
9:00 AM	Dancercize	9:30 AM	YOGA
10:00 AM	SilverSneakers®		
4:30 PM	YOGA		
5:30 PM	 Court 1	4:30 PM	KettleBell PUMP
<b>Wednesday</b>		<b>You must sign up at the front desk for all CYCLING classes. CC= Cycling Center</b>	
8:30 AM	Easy Does It		
9:30 AM	Zumba 		
			
4:30 PM	Total Body Step	<b>Aerobic classes are free to all members and are available for all age groups and levels.</b>	

- Easy Does It                      Awesome workout at a milder pace. (Pam & Jenny)
- Total Body Step                Energizing step workout that targets the whole body. (Bree)
- Boot Camp                        Challenge yourself & succeed. (Sandra)
- SilverSneakers®                Have fun and move to the music through a variety of exercises designed to increase, muscular strength, range of movement, and activity for daily living skills. (Jenny & Connie)
- Dancercize                        Combines Aerobic Dance w/ resistant training. (Connie & Diane)
- Zumba                              Dynamic, Exciting, Latin Dance-Fitness class. Dancers and non-dancers immediately and easily master Zumba. (Jill, Sabrina, Carol & Angela)
- KettleBell Pump®                An Awesome workout in 30 minutes. (Jeri)
- Body Shock                        work the whole body, while keeping it guessing and getting the heart rate rocking. 45 minute class (Jennifer)
- Cycling                            A non-impact sweat dripping, pedal pumping workout. (Bree)
-  Shake, Rattle & ...                Dance, Wiggle, Sing along to great songs! (Angela) Ages 4 & up
- YOGA                                Kids fun filled energetic 30 minute dance class. (Diane) Ages 4 & up
- Improve flexibility, strength, resperation, energy and vitality. (Vicki)



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