

**East Belleville YMCA
Group Exercise/Fitness Program Schedule
Effective February 20, 2012**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Y Cycling Beth Ann 5:15-6:00am	Fitness Yoga Dawn 6:00-6:50am	Y Cycling Kathy 5:15-6:00am	Fitness Yoga Dawn 6:00-6:50am	Y Cycling Katie/Beth Ann 5:15-6:00am	
		<u>BOOTCAMP</u> Jerry *Paid Program 6:15-7:15am		<u>BOOTCAMP</u> Jerry *Paid Program 6:15-7:15am		
	Y Cycling Tammy 8:30-9:15am		Y Cycling Tammy 8:30-9:15am		Y Cycling Dawn 8:30-9:15am	
	TRX Amy 9:20-9:50am	Power Pump (with Cardio) Barb 9:00-10:00am	Pilates Tammy 9:20-10:00am	Power Pump (with Cardio) Amy 9:00-10:00am	TRX Amy 9:20-9:50am	Pedal&Pump <i>Alternating Instructors</i> 9:00-10:00am
	Core Motion Colleen 9:30-10:30am				Core Motion Dawn 9:30-10:30am	Kickfit Ray 10:30-11:30am
Y Cycling <i>Alternating Instructors</i> 1:00-1:45pm						
<u>Zumba</u> Michelle 2:00-3:00pm	Step-n-Sculpt Jerry 5:00-6:00pm	<u>Zumba</u> Vicki 4:00-4:50pm	Step-n-Sculpt Jerry 5:00-6:00pm	<u>Zumba</u> Ashley 4:00-4:50pm		
	<u>Kettlebells</u> Jerry 6:00-6:50pm	Bodyworks Beth 5:00-6:00pm	<u>Kettlebells</u> Jerry 6:00-6:50pm	NEW!!!		
	30 Min. Abs Mindy 7:00-7:30pm	Crosstraining Beth 6:00-7:00pm	30 Min. Abs JoAnna 7:00-7:30pm	30 MIN. ABS Classes On Mon. and Wed. Nights!!		
	Fitness Yoga Mindy 7:30-8:00pm		Fitness Yoga JoAnna 7:30-8:00pm			



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