



GROUP EXERCISE SCHEDULE

CENTRAL YMCA

SCHEDULE EFFECTIVE:
Jan 2, 2012 - Mar 31, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:10 am I CP Aqua Aerobics - Sarah C. ++	6:00 - 7:00 am O CP Masters Swim Team +++	6:15 - 7:00 am I CP Aqua Aerobics - Sarah C. ++	6:00 - 7:00 am O CP Masters Swim Team +++	5:35 - 6:35 am G CP BODYPUMP™ - Anthony ++	7:30 - 8:30 am M Pilates - Audra ++	8:30 - 9:25 am I CP Aqua Aerobics - Celina +++
6:30 - 7:00 am G Stretch and Flex - Manesh +	6:15 - 7:00 am G CP CP Boot Camp - Lisa ++	6:30 - 7:00 am G Stretch and Flex - Manesh +	6:15 - 7:00 am G CP CP Boot Camp - Lisa ++	6:30 - 7:15 am G CP Group Cycling - Ed ++	8:00 - 9:00 am G CP Group Cycling & Abs - Khara ++	8:30 - 9:30 am G CP Group Cycling - Sylvia ++
6:30 - 7:30 am M Yoga - Manuela ++	6:30 - 7:15 am G CP Group Cycling - Ed ++	6:30 - 7:15 am G CP Group Cycling - Lisa ++	6:30 - 7:30 am G CP Group Cycling - Sylvia +	6:35 - 7:05 am G Stretch and Flex - Manesh +	8:00 - 8:55 am I CP Water Ex. w/Light Aerobics - Nita +	9:00 - 9:30 am M Yoga - Akari +++
6:30 - 7:30 am G CP Group Cycling - Sylvia ++	6:30 - 7:30 am M Yoga - Kristin +	6:30 - 7:30 am M Yoga - Sylvia +	6:30 - 7:30 am M Yoga - Grace K. +	6:40 - 7:40 am M BODYFLOW™ - Anthony ++	9:00 - 10:00 am M CP BODYPUMP™ - Manuela ++	10:15 - 11:15 am G CP CP Step & Sculpt - Melanie ++
8:00 - 8:55 am I CP Aqua Aerobics - Andrea ++	7:00 - 8:00 am O CP Masters Swim Team ++	8:00 - 8:55 am I CP Aqua Aerobics - Ronda ++	7:00 - 8:00 am O CP Masters Swim Team +++	7:00 - 8:00 am O CP Masters Swim Team ++	11:00 am - 12:00 pm M Gentle Yoga - Manuela +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
8:30 - 9:30 am G CP BODYPUMP™ - Khara ++	8:00 - 8:55 am I CP Aqua Aerobics - Nita ++	9:00 - 9:45 am G CP Group Cycling - Ron/Cathy ++	8:00 - 8:55 am I CP Aqua Aerobics - Dolorous ++	8:00 - 8:55 am I CP Aqua Aerobics - Nita ++	5:30 - 6:00 pm M Pilates - Barani +++	9:00 - 10:00 am G CP Zumba - Laury ++
9:00 - 9:45 am G CP Group Cycling - Bill ++	8:30 - 9:00 am G CP Intro to Cycling - Bob +	9:00 - 9:55 am I CP Aqua Aerobics - Ronda ++	8:45 - 9:45 am M Pilates - Khara +	9:00 - 9:45 am G CP Group Cycling - Bob ++	5:30 - 6:00 pm G CP Intro to Cycling - Melanie +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
9:00 - 9:55 am I CP Aqua Aerobics - Dolorous +++	8:45 - 9:45 am M Pilates - Khara +	9:00 - 10:00 am G CP Walking Class - Mimi/Pat/Maggie ++	9:00 - 9:45 am G CP Group Cycling - Rachel ++	9:00 - 9:55 am I CP Aqua Aerobics w/Pilates - Dolorous ++	5:30 - 6:15 pm G CP Body Sculpting - Khara ++	10:15 - 11:15 am M BODYFLOW™ - Jill ++
9:00 - 10:00 am CP M Walking Class - Mimi/Pat/Maggie ++	9:00 - 9:45 am G CP Group Cycling - Bob +	9:35 - 10:35 am G CP CP Step & Sculpt - Deborah +	9:00 - 9:55 am I CP Aqua Aerobics - Andrea ++	9:00 - 10:00 am G CP Walking Class - Mimi/Pat/Maggie ++	5:30 - 6:15 pm G CP Body Sculpting - Khara ++	10:15 - 11:15 am M BODYFLOW™ - Jill ++
9:35 - 10:35 am G CP CP Step & Sculpt - Deborah +	9:00 - 10:00 am CP CP Circuit Training - Y Staff +	10:00 - 11:00 am M Pilates - Bill ++	9:00 - 10:00 am CP CP Circuit Training - Y Staff +	9:35 - 10:35 am G CP CP Step & Sculpt - Susan D. ++	5:30 - 6:00 pm M CP Family Circuit Training - Y Staff +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
10:00 - 11:00 am M Pilates - Bill ++	9:00 - 10:00 am G CP BODYPUMP™ - Suzanne ++	10:45 - 11:45 am G CP CP Zumba Gold - Michele ++	9:00 - 10:00 am G CP BODYPUMP™ - Meg ++	10:00 - 11:00 am M Pilates - Bill ++	5:30 - 6:00 pm M CP Family Circuit Training - Y Staff +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
10:45 - 11:45 am G CP Zumba - Michele +	9:00 - 10:00 am I CP Aqua Zumba - Michele ++	12:00 - 1:00 pm G CP Kickboxing - Susan S. +++	10:15 - 11:15 am M BODYFLOW™ - Meg ++	10:45 - 11:45 am G BODYFLOW™ - Suzanne ++	5:30 - 6:00 pm M CP Family Circuit Training - Y Staff +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
12:00 - 12:45 pm G CP Group Cycling - Vicci +	10:15 - 11:15 am M BODYFLOW™ - Suzanne ++	12:00 - 1:00 pm M Yin Yoga - Karen +	10:30 - 11:30 am G CP 1 2 3 Grow - Y Staff	12:00 - 1:00 pm G CP CP Boot Camp - Khara +++	5:30 - 6:00 pm M CP Family Circuit Training - Y Staff +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
12:00 - 1:00 pm M BODYFLOW™ - Karen ++	10:30 - 11:30 am G CP 1 2 3 Grow - Y Staff	5:00 - 6:00 pm M Gentle Yoga - Manuela +	11:00 - 11:55 am I CP Aqua Aerobics - Ronda ++	12:00 - 1:15 pm M Yoga - Grace ++	5:30 - 6:00 pm M CP Family Circuit Training - Y Staff +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
5:00 - 6:00 pm M Pilates - Barani +++	11:00 - 11:55 am I CP Aqua Aerobics - Ronda +	5:30 - 6:00 pm G CP CP Body Sculpting - Melanie ++	11:00 - 12:00 pm G CP Group Cycling - Khara ++	5:00 - 6:00 pm M CP Family Circuit Training - Y Staff +	5:30 - 6:00 pm M CP Family Circuit Training - Y Staff +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
5:30 - 6:00 pm G CP Intro to Cycling - Melanie +	12:00 - 1:15 pm M Yoga - Erika ++	6:00 - 7:00 pm G CP Group Cycling - Al ++	12:00 - 1:15 pm M Yoga - Maria ++	5:15 - 6:15 pm G CP CP Body Sculpting - Melanie ++	5:30 - 6:30 pm G CP BODYPUMP™ - Jill ++	10:15 - 11:15 am M BODYFLOW™ - Jill ++
5:30 - 6:15 pm G CP CP Body Sculpting - Khara ++	12:00 - 1:00 pm G CP CP Boot Camp - Barani +++	6:15 - 7:30 pm M Fitness Yoga - Manuela +++	5:30 - 6:30 pm G CP BODYPUMP™ - Jill ++	6:15 - 6:30 pm I Intro to Aqua Aerobics - Teresa +	5:30 - 6:45 pm M Gentle Yoga - Grace +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
6:00 - 6:45 pm G CP Group Cycling - Melanie +	3:30 - 4:30 pm G CP Zumba for Kids - Andrea +	6:15 - 7:15 pm G CP CP Step & Sculpt - Khara ++	5:30 - 6:45 pm M Gentle Yoga - Grace +	6:30 - 7:25 pm I CP Shallow Aqua Aerobics - Diane +	6:00 - 6:45 pm G CP Group Cycling - Yvette +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
6:15 - 7:30 pm M Yoga - Karen ++	5:00 - 5:30 pm G CP Intro to BODYPUMP™ - Jill +	6:30 - 7:25 pm I CP Shallow Aqua Aerobics - Penny/Barbara +	6:00 - 6:45 pm G CP Group Cycling - Yvette +	6:30 - 7:25 pm I Deep Water Exercise - Teresa ++	6:00 - 7:00 pm CP CP Circuit Training - Y Staff +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
6:20 - 7:20 pm G CP Kickboxing - Susan S. +++	5:15 - 5:45 pm M Intro to Yoga & BODYFLOW™ - Manuela +	6:30 - 7:25 pm I Deep Water Exercise - Lanie ++	6:00 - 7:00 pm CP CP Circuit Training - Y Staff +	7:30 - 8:30 pm G CP CP Hip/Hop Dance - Wendy +	6:35 - 7:35 pm G BODYFLOW™ - Manuela ++	10:15 - 11:15 am M BODYFLOW™ - Jill ++
6:30 - 7:25 pm I CP Shallow Aqua Aerobics - Barbara +	5:30 - 6:30 pm G CP BODYPUMP™ - Jill ++	7:30 - 8:30 pm G Bollywood Fusion - Laury R. +	6:35 - 7:35 pm G BODYFLOW™ - Manuela ++		7:00 - 8:15 pm M Yoga - Grace +++	10:15 - 11:15 am M BODYFLOW™ - Jill ++
6:30 - 7:25 pm I Deep Water Exercise - Lanie ++	6:00 - 7:00 pm CP CP Circuit Training - Y Staff +	8:30 - 9:30 pm O CP Masters Swim Team +	7:45 - 8:45 pm G CP CP Cardio Belly Dance - Parri +		7:45 - 8:45 pm G CP CP Cardio Belly Dance - Parri +	10:15 - 11:15 am M BODYFLOW™ - Jill ++
7:45 - 8:45 pm G CP CP Zumba - Andrea ++	6:00 - 7:15 pm M Yoga - Grace +++					10:15 - 11:15 am M BODYFLOW™ - Jill ++
8:30 - 9:30 pm O CP Masters Swim Team +	6:15 - 7:15 pm G CP Group Cycling - Dave M. +++					10:15 - 11:15 am M BODYFLOW™ - Jill ++
	6:35 - 7:35 pm G BODYFLOW™ - Al ++					10:15 - 11:15 am M BODYFLOW™ - Jill ++
	7:30 - 8:30 pm M Pilates on the Ball - Bill +++					10:15 - 11:15 am M BODYFLOW™ - Jill ++
	7:45 - 8:45 pm G CP CP Cardio Belly Dance - Eva ++					10:15 - 11:15 am M BODYFLOW™ - Jill ++

- CP** Cardiovascular Workout
- I** Indoor Pool
- ★** Family Friendly
- G** Small Gym
- M** Multi-Purpose Room
- W** Weight Workout
- O** Outdoor Pool
- C** Cycling Room
- + **BF** Beginner Friendly
- ++ Intermediate
- +++ Advanced

FACILITY HOURS
Monday - Friday 5:30 am - 10:00 pm
Saturday 6:30 am - 7:30 pm
Sunday 8:00 am - 7:30 pm

KID'S CLUB HOURS
Monday - Saturday 8:30 am - 1:30 pm
Monday - Friday 3:00 pm - 9:00 pm
Sunday 8:00 am - 11:30 am