


January 2012 Group Exercise Schedule

WWW – A strength conditioning program with kettlebells and free weights.
 CORE- This 30-minute Pilates mat class focuses on strengthening the core, improving flexibility, and enhancing balance
 EASY DOES IT- This class combines a variety of exercises for strength training, cardio workout, and stretching.
 PAD - This class uses a combination of Pilates, Aerobics, and Dance to give you a good workout.
 YOGA - Learn the various poses in yoga and develop strength, balance, and flexibility. Class for beginners and seasoned as well.
 ZUMBA – For a high intensity Latin Dance workout, come experience the fun!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  YMCA CLOSED	2 CORE 8-8:30am PAD 5:30-6:30pm	3 WWW 7:30-8:00am EASY DOES IT 8:30-9:30am	4 CORE 8-8:30am PAD 5:30-6:30pm	5 WWW 7:30-8:00am EASY DOES IT 8:30-9:30am ZUMBA 5:30-6:30	6 YOGA 8:00-8:45am	7
8	9 CORE 8-8:30am PAD 5:30-6:30pm	10 WWW 7:30-8:00am EASY DOES IT 8:30-9:30am	11 CORE 8-8:30am PAD 5:30-6:30pm	12 WWW 7:30-8:00am EASY DOES IT 8:30-9:30am ZUMBA 5:30-6:30	13 YOGA 8:00-8:45am	14
15	16 CORE 8-8:30am PAD 5:30-6:30pm	17 WWW 7:30-8:00am EASY DOES IT 8:30-9:30am	18 CORE 8-8:30am PAD 5:30-6:30pm	19 WWW 7:30-8:00am EASY DOES IT 8:30-9:30am ZUMBA 5:30-6:30	20 YOGA 8:00-8:45am	21
22	23 CORE 8-8:30am PAD 5:30-6:30pm	24 WWW 7:30-8:00am EASY DOES IT 8:30-9:30am	25 CORE 8-8:30am PAD 5:30-6:30pm	26 WWW 7:30-8:00am EASY DOES IT 8:30-9:30am ZUMBA 5:30-6:30	27 YOGA 8:00-8:45am	28
29	30 CORE 8-8:30am PAD 5:30-6:30pm	31 WWW 7:30-8:00am EASY DOES IT 8:30-9:30am				