



SHERMAN LAKE YMCA Group Fitness Schedule

Spring 2017 #2

Effective May 1 - June, 16, 2017

	MON	TUES	WED	THURS	FRI	SAT
5:45 AM				SPINNING Yvette		
6:15 AM		BODY BLAST Sue				
7:30 AM	(7:45 - 9) GENTLE YOGA Cathy	SPINNING Colleen	(7:15 - 8:15) YOGA Sue	SPINNING Sally	(7:45- 9) GENTLE YOGA Cathy	(7:15) SPINNING Mike
8:00 AM	WATER AEROBICS Pam/Margaret	GENTLE AQUA STRETCH Janice	WATER AEROBICS Pam/Margaret	GENTLE AQUA STRETCH Janice	WATER AEROBICS Varies	(8:15) WATER AEROBICS Sally
8:30 AM	CARDIO KICK (30 Minutes) Deb G.	REFIT Angie	Low Impact Aerobics (30 Min) Deb G	REFIT Colleen	STEP (30 Minutes) Deb G.	
9:00 AM	STRENGTH & STRETCH Deb G.	(8:30) PILATES Terri	BARRE Deb G.	(8:30) PILATES Terri	STRENGTH & STRETCH Deb G.	
9:15 AM	GENTLE STRENGTH & STRETCH Sally	Y WEIGHTS (30 Minutes) Tesi	GENTLE STRENGTH & STRETCH Sally	Y WEIGHTS (30 Minutes) Tesi	GENTLE STRENGTH & STRETCH Cathy	
10:00 AM						YOGAFIT (60 Minutes) Leah
5:15 PM	INTER/ADV PILATES Deb B.	5:00 YOGAFIT Leah (60 Minutes)	INTER/ADV PILATES Deb B.	5:00 YOGAFIT Leah (60 Minutes)	<p>Class schedule effective May 1 - June 16, 2017 All Classes are 45 minutes unless otherwise noted. <i>Please note that scheduling changes do occasionally occur. We do our best to minimize those changes and inform you in advance, and we apologize for any inconvenience.</i> <i>To confirm the schedule, please call the Front Desk at 731-3032.</i> Revised 04/27/17</p>	
5:15 PM	Barre Megan (40 Min)		Barre Megan (40 Min)			
6:00 PM	REFIT Colleen		REFIT Megan			
6:15 PM	INTRO TO PILATES Deb B.		INTERMEDIATE PILATES Deb B.			
6:30 PM		WATER AEROBICS Lisa		WATER AEROBICS Kathy		