



Genesee County YMCA

# GROUP EXERCISE SCHEDULE

Winter Session I: March 5th – May 7th, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Interval/Sculpt</b> 5:40-6:30 AM Marianne Group Ex Room	<b>Group Cycling</b> 6:00-6:45 AM Carol Multi-Purpose Room	<b>Group Cycling</b> 5:45-6:30 AM Marianne Multi-Purpose Room	<b>Group Cycling</b> 6:00-6:45 AM Carol Multi-Purpose Room	<b>Interval</b> 5:40-6:30 AM Michelle Group Ex Room	<b>Turbo Kick®</b> 8:00-9:00 AM Danny Group Ex Room
		<b>Interval Bootcamp / Cycle</b> 8:30-9:30 AM Jeanne Multi-Purpose Room	<b>Interval/Sculpt</b> 6:00-7:00 AM Amy Group Ex Room	<b>Interval Bootcamp</b> 8:30-9:30 AM Christina Multi-Purpose Room		<b>Group Cycling</b> 8:30-9:30 AM Rotating Instructor Multi-Purpose Room
	<b>Interval Bootcamp</b> 8:30-9:30 AM Christina Multi-Purpose Room		<b>Interval Bootcamp / Barre</b> 8:30-9:30 AM Jeanne Multi-Purpose Room		<b>Interval Bootcamp</b> 8:30-9:30 AM Christina Multi-Purpose Room	
	<b>ZUMBA®</b> 8:30-9:30 AM Becky Group Ex Room	<b>SILVER&amp;FIT®</b> EXPERIENCE 8:35-9:35 AM Becky Group Ex Room	<b>ZUMBA Gold®</b> <small>ENDORSED</small> 8:30-9:30 AM Becky Group Ex Room	<b>Silver Sneakers® Cardio</b> 8:35-9:35 AM Becky Group Ex Room	<b>ZUMBA®</b> 8:30-9:30 AM Becky Group Ex Room	<b>Athletic Aesthetics</b> 9:15-10:15 AM Kevin Group Ex Room
<b>ZUMBA</b> 10:45-11:45AM Heather/Amy Group Ex Room	<b>Pilates – All Levels</b> 9:35-10:35 AM Becky Multi-Purpose Room		<b>Pilates – All Levels</b> 9:35-10:35 AM Becky Multi-Purpose Room			
	<b>Ageless Fitness</b> 9:45-10:45 AM Rotating Instructor Group Ex Room <b>Stretch 10:45-11 AM</b>	<b>Ageless Fitness</b> 9:45-10:45 AM Jeanne Group Ex Room	<b>Ageless Fitness</b> 9:45-10:45 AM Jeanne Group Ex Room	<b>Ageless Fitness</b> 9:45-10:45 AM Jeanne Group Ex Room		<b>ZUMBA®</b> 10:30-11:30AM Heather Group Ex Room
	<b>Silver Sneakers® Classic</b> 11:00-12:00 PM Nancy Group Ex Room		<b>Silver Sneakers® Classic*</b> 11:00-12:00 PM Mary Group Ex Room		<b>Tai Chi</b> 10:00 – 10:45AM Nancy / Lilo Multi-Purpose Room	
	<b>Chair Yoga</b> 12:05-1:05 PM Nancy Multi-Purpose Room		<b>Chair Yoga</b> 12:05-1:05 PM Nancy Multi-Purpose Room		<b>Silver Sneakers® Classic</b> 11:00 AM-12PM Mary Group Ex Room	
		<b>Relaxation Yoga</b> 5:00-5:45PM Jenna Multi-Purpose Room		<b>Relaxation Yoga</b> 5:00-5:45PM Jenna Multi-Purpose Room		
	<b>Pilates – Advanced**</b> 5:00-5:55 PM Nancy Multi-Purpose Room	<b>Group Cycling</b> 6:00-6:45 PM Nina Multi-Purpose Room	<b>Pilates – Advanced**</b> 5:00-5:55 PM Lori Multi-Purpose Room	<b>Group Cycling</b> 6:00-6:45 PM Nina Multi-Purpose Room		
	<b>Pilates – Beginner**</b> 6:05-7:00 PM Lori Multi-Purpose Room	<b>Abs Class</b> 6:00– 6:30PM Lisa Group Ex Room	<b>Pilates – Beginner**</b> 6:05-7:00 PM Lori Multi-Purpose Room	<b>Abs Class</b> 6:00pm – 6:30PM Lisa Group Ex Room		
	<b>Kickbox Cardio</b> 6:00 – 7:00 PM Valerie Group Ex Room	<b>ZUMBA®</b> 6:30-7:30 PM Heather Group Ex Room	<b>Kickbox Cardio</b> 6:00 – 7:00 PM Valerie Group Ex Room	<b>ZUMBA®</b> 6:30-7:30 PM Heather Group Ex Room		

Schedule Subject to change without notice

**Class Etiquette:** Make friends, but be courteous to instructors and other participants by chatting before or after class and not during the workout. Always wear clean, dry footwear appropriate for the class you are taking. Have fun and enjoy!