



YGROUP EXERCISE™

We build strong kids, strong families, strong communities.



Effective February 22nd 2010: Central Branch Class Schedule
Classes are subject to change based on member participation and instructor availability.

All classes are 60 min unless noted otherwise. Express classes are 30 min.

Aerobics Studio Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Strength & Endur Angela		Strength & Endur Angela		
8:30 AM			Step Michelle	Strength & Endur Exp Michelle		Cardio Mix 8am Shelly
9:15 AM		Step Shannon	Strength & Endurance 9:30 Jen	Step Michelle	Strength & Endur Julie 9am	Step & Tone Michelle 9am
9:30 AM	Cardio Mix Shannon/Pam					
10:20 AM		CardioMix-AOA Sandy		Tai Chi (10:15) Terry	Yoga 10-10:15 Julie	Strength & Endur Exp Devynn 10:00
4:30 PM			Cardio Mix Shannon			
5:00 PM	Zumba Sandy		Zumba 5:30 Andrea	Pilates on the Ball Express Sue		
6:00 PM		Hip Hop Latrice		Dance Blast Sue 5:30		
6:30 PM	Step & Strength Interval Deanna	Yoga 7pm Mitch				

Community Room

8:30 AM	Yoga Carol	Yoga with Nancy	NEW			
9:00 AM			Zumba Gold -AOA Laura 9-9:45		Yoga Shelly	
9:35 AM	Strength & Endur Sandy		Keep it simple stretch AOA Laura 9:45-10:30			
10:05 AM				Strength & Endurance Sandy		
6:00 PM	Pilates Akram		Pilates on the Ball Jen			
7:00 PM	Yoga Mitch	Strength & Endur Exp 6:30Shelly M	Yoga I Jen	Strength & Endur Exp 6:30Shelly M		

Cycle Room

5:30 AM	Cycle Shelly M		Cycle & Strength Julie		Cycle Shelly M	
8:30 AM		Cycle Express Jen			Cycle Express Julie	
9:00 AM	Cycle Express Sandy	Cycle Jen		Cycle 9:30 Devynn		Cycle Devynn
6:00 PM	Keep it Simple Spin Sandy	Cycle Express Shelly		Cycle Express Shelly		

Gymnasium

	Chair Yoga Carol 9:35	Basic Strength Endurance-AOA Nancy/Elisa 9:30		Chair Yoga Julie 8:45		
9:15 AM				Basic Strength Endurance-AOA Julie 9:15		

"AOA" are classes for Active older Adults. "KISS" (keep it simple series) are 30-45min classes for beginners.

"I" are intermediate level classes.

The mission of the YMCA of Arlington is to put Christian principles into practice through