



YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Open Thanksgiving Day 8-11 a.m.
 KidZone Open 8-10:30 a.m.
 8:30 a.m. Step & Tone
 8:30 a.m. Cycle

North Branch

Updated: November 2009

Aerobics Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am			Strength and Conditioning Wendy				
8:00 am	Ageless Wonders Wendy				Pilates On The Ball (Express) Kathy	Step John	
8:30 am				Keep It Simple Step Tracey	Keep it Simple Sculpt Kathy		
9:00am	Step Susan	Strength and Conditioning Melissa G.	Pilates Kathy	Strength and Conditioning Lisa	Multi-Step Kathy	Strength and Conditioning Tina	
10:00am	Yoga Wendy	10:15am Ageless Wonders Kathy	Yoga Michelle	10:15am Ageless Wonders Susan	Pilates/Yoga fusion Michelle	Pilates Wendy	10:15am Power Pilates Lisa
11:00am						Yoga Lisa	11:15am Tai Chi Terry
12:15pm		Yoga Lisa		Power Pilates Lisa			
4:00pm	Hi/Lo Kathy						12:30pm Step and Strength Staff Rotation
4:30pm	Pilates On The Ball Kathy	Strength and Conditioning Kathy	Pilates on the Ball Kathy	Step Interval Mandy			
5:00pm							
5:30pm	Dance Blast Sue	Step Kathy	Strength and Conditioning Jen	Strength and Conditioning Wendy			
6:00pm							
6:30pm	Step Susan	Kickboxing John	Multi-Step John	Power Yoga Heidi			
7:30pm	Yoga Wendy	Pilates Michelle	Tai Chi Terry				

SilverSneakers® in Gymnasium/Chair Yoga in Multipurpose Room

8:00 am	SilverSneakers® Muscular Strength Kathy		SilverSneakers® II Cardio Circuit Wendy	SilverSneakers® Cardio Fit Lisa	SilverSneakers® Muscular Strength Lisa		
9:00 am	9:15 am SilverSneakers® Muscular Strength Barbara	Chair Yoga Heidi	9:15 am SilverSneakers® Muscular Strength Barbara	Chair Yoga Heidi	9:15 am SilverSneakers® Muscular Strength Lisa		

Cycle Studio

5:45am	Tina	Grace	James	Tina	Devynn		
9:00am	Melissa G.			Cycle/Boot Camp Fusion Angela	Melissa D.	8 am-9 am Tina	10:30 am Jen W.
6:00pm	James	Jen W.	Rotation	Jen W.	New: 5:30 pm Staff Rotation		

Contact Grace Whetstone, Executive Director regarding schedule:
 817-548-9622 ext. 209, gracew2@ymca-arlington.org