



Health and Fitness: Group Exercise Class Schedule

SCHEDULE IS SUBJECT TO CHANGE AT ANYTIME

January 1 to May 27, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Kickfit 6:00 - 6:45am (S&F)	Core Conditioning 6-6:45 am (Dance)	Y Spin 5:45 - 6:30am (SCH)	Core Conditioning 6-6:45 am (Dance)	Y Spin 5:45 - 6:30am (SCH)	Y Spin 8:15am - 9:15am (SCH)	Triple Power @ 1:00pm & Salsa Cardio @ 2:00pm (alternating Sundays)
On the GO Cardio 8:30 - 9:10am (S&F)	Early Bird Fitness 6:00 - 7:00am (S&F)	Early Bird KickFit 6:00 - 6:45am (S&F)	Early Bird Fitness 6:00 - 7:00am (S&F)	Early Bird Kickfit 6:00 - 6:45am (S&F)	Instructor Choice 8:30 - 9:45am (S&F)	
Y Spin 9:15-10:15 a.m. (SCH)	Y Spin 6:00 - 7:00am (SCH)	On the GO Cardio 8:30 - 9:10am (S&F)	Y Spin 9:00 -10:00am (SCH)	On the GO Cardio 8:30 - 9:10am (S&F)	Beginner Fitness Class 10:00-11:00 am (S&F)	
Boot Camp* 9:15 - 10:30am (S&F)	Qi Gong 9:00 - 9:45am (Dance)	Y Spin 9:00 - 10:00am (SCH)	Turbo Kick 9:30-10:30am (S&F)	SilverSneakers 9:15 - 10:00am (YG)	Three Ways to sign up for Yoga! 1. Yoga Membership taken out with your monthly membership balance 2. Register by a specific day and time 3. Buy a Yoga only punch card. (\$25)	Instructor Choice 1:00-2:15 pm (alternating Sundays)
Silver Sneakers Yoga 9:45-10:30 a.m. (D)	Zumba 9:30-10:30am (S&F)	SilverSneakers 9:15 - 10:00am (YG)		Zumba Gold 9:45 - 10:30am (S&F)		
Zumba Gold 10:40 -11:25am (S&F)		Zumba Gold 9:45-10:30am (S&F)	SilverSneakers Cardio Circuit 10:50 - 11:35am (S&F)	Boot Camp 10:40-11:30 a.m. (S&F)		
Strength Training 12:00 - 12:45pm (S&F)	SilverSneakers Cardio Circuit 10:50 - 11:35am (S&F)	SilverSneakers Yoga 9:45 - 10:30am (D)	Pilates 12:00 - 12:45pm (S&F)	Y-Extreme 7-8 p.m. (S&F)	Y EXTREME 3 weekly classes designed for the program. Personal Coach to link you to all the support, tools and motivation you need to reach your goals. Online resource tool. Weekly weigh-in to hold you accountable. For more information contact Denise Leonard 872-3835 x 130	
Core Conditioning 12:45-1pm	Pilates 12:00 - 12:45pm (S & F)	Yoga 10:40 - 11:25am (SCH)	TurboKick 4:30 - 5:15pm (S&F)	For questions on any of the aerobics programs, call Aquatic and Wellness Director Denise Leonard at 872-3835 ext. 130. Or email her at denise.leonard@ decaturymca.org		
Step 4:30 - 5:15pm (S&F)	Strength Training 4:30 - 5:15pm (S&F)	Strength Training 12:00 - 12:45pm (S&F)	Core Conditioning 5:20 - 5:40pm (S&F)			
Y Spin 5:00 - 5:45pm (SCH)	Core Conditioning 5:20 - 5:40pm (S&F)	Core Conditioning 12:45-1pm	Pilates 5:45 - 6:30 p.m. (D)			
Core Conditioning 5:20 - 5:40pm (S&F)	Y Spin + 5:00 - 6:15pm (SCH)	Step & Sculpt 4:30 - 5:15pm (S&F)	MMA Power 5:45-6:30 pm (S&F)	A (+) Next to a class indicates that there is a 15- 30 minute strength portion of this class	KEY	
MMA Power- Beginner 5:45-6:30 pm (D)	TurboKick 5:45 - 6:30pm (S&F)	Tai Chi 5:15 - 6:00pm (D)			S = Shade Room	
Triple Power 5:45 - 6:45pm (S&F)	PIYO 6:30 - 7:15pm (YG)	Core Conditioning 5:20 - 5:40pm (S&F)	Y Spin 5:45-6:30pm (SCH)	F = Foltz Room		
Pre/Post Natal 6:40 - 7:40pm (Dance)	Kobudo 6:30 - 8:00pm (S&F)	Zumba 6 - 6:45pm (S&F)	Karate 6:30 - 8:00pm (S&F)	SCH = Schwandt Room		
Zumba 7 - 7:45pm (S&F)		Pre/Post Natal Exercise 6:40 - 7:40pm (Dance)		D = Dance Room		
Y-Extreme 7-8 p.m. (Dance)		Y-Extreme 7-8 p.m. (S&F)		YG = Youth Gym		
Jujitsu 6:30 - 8:00pm (YG)				FREE MOBILE FIT NUTRITION SOFTWARE!		
						
						
			Visit decaturymca.org for a detailed description of each class!	Tai Chi, Karate, Kobudo, Jujitsu & Pre/Post Natal require registration. You can now purchase a punch card for Tai Chi!	Martial Arts Programs open to all ages. Jujitsu (13+), Kobudo (13+), Tai Chi (10+) and Karate (5+)	SENIORS: Call Brad at 872-3835 ext. 125 if you are interested in the SilverSneakers Program!