



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

GARDEN RANCH FAMILY CENTER YMCA

Group Fitness Schedule April 2012 Begins April 2 nd , 2012 and is subject to change	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All classes are 55 minutes unless otherwise noted	5:45am Power Hour Marty	6am Yoga Kim	5:45am Power Hour Marty	6am PiYo Linda	5:45am Power Hour Marty		
	7am AOA Low Imp. Jan	7am Tai Chi Lynn	7am AOA Low Imp. Glenda	7am Zumba Gold Jan Tai Chi (Rm. 3) Lynn	7am AOA Low Imp. Marilu		
Classes noted by an asterisk * will follow the chip system. Please see Welcome Center for more details.	8am Flex Appeal Gretchen	8am Male Slot Marilu	8am Flex Appeal Shannon	8am Male Slot Marilu	8am Flex Appeal Piper Gentle Yoga Linda (Rm. 3)	8am Hi/Lo Beth	
	9am Hi/Lo Julie	Pilates w/Props Christi (Rm.3) 9am Cardio Cross Train Gretchen	9am Step Lori	9am Step Aerobics Denise	9am Boot Camp Shannon Pilates Linda (Rm. 3)	9am Muscle Fit Beth	
	10am Muscle Fit Adele	10am* SilverSneakersI® MSROM Melissa	10am Muscle Fit Lori	10am* SilverSneakersI® MSROM Melissa	10am On the Ball Linda	10am Tae Bo® Becky	
	11am PiYo Jan	11am SilverSneakersII® Cardio Circuit Melissa	11am NIA Mel	11am SilverSneakers III® Cardio Fit Melissa	11am SilverSneakers II® Cardio Circuit Sharon	11am Jane/LaSheryl NIA	
	12:00 pm SilverSneakers® Martha	12:00pm Yoga Flow Sharon	12:00 pm Pilates Christi/Linda	12 :00 pm Yoga Flow Sharon	12:00 pm Zumba Alisha		
	4:30pm Hi/Lo Beth	1:30 pm Tai Chi Lynn	3:30pm Zumba Gold Jan	1:30 pm Tai Chi Lynn			
	5:30 (30 min) Core Strength Beth	4:30pm PiYo Jan	4:30pm Hi/Lo Beth	4:30pm Yoga Piper			
	6pm Zumba* Melinda	5:30pm (90 min) Boot Camp Melissa	5:30pm Zumba Giovanni	5:30pm Boot Camp Lori	5:30pm Zumba Bessie/Amy		
	7pm On The Ball Linda		6:30pm Yoga Flow Jan				



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