

## Group Exercise Class Schedule

(Subject to change; check weekly bulletin board or front desk)

<u>CLASS</u>	<u>DAY/ TIME</u>	<u>INSTRUCTOR</u>
<b><i>CARDIO (in <u>Gymnasium</u> unless noted by asterisk* for Wellness Studio)</i></b>		
KICKBOXING	Mon/Wed 7:00 AM	Alyona *
<b>KICKBOXING</b>	<b>Tue 6:30 PM</b>	Alyona <b><u>NEW! starts 9/23</u></b>
KICKBOXING	Mon 8:00 AM	Alyona
KICKBOXING	Wed 8:00 AM	Alyona *
STEP AEROBICS ( <i>Begin. /Inter.</i> )	Tuesday 6:30 PM	Sheila *
"	Saturday 7:30 AM -----	(rotation) *
<b>@ DANCE:</b>		
• JAZZ	Tuesday 5:30 PM	Terry *
• AFRO-CUBAN	Tuesday 7:30-9:00 PM	Sonly *
• ZUMBA (Latin moves)	Wednesday 10:00 AM	Sandra H.
• BALLROOM ( <i>Beginner</i> )	Wednesday 8:00 PM	Ken *
• BALLROOM ( <i>Intermediate</i> )	Wednesday 9:00 PM	Ken *
• HIP-HOP	Thursday 5:30 PM	Terry *
• ZUMBA (Latin moves)	Friday 7:00 AM	Abril <b><u>NEW! starts 10/10</u></b>
• ZUMBA (Latin moves)	Saturday 10:15 AM	Abril <b><u>NEW! starts 9/13</u></b>
@ NIA	Tues/Thur 10:00 AM	Monica
@ Y-WORKOUT (Dance/Aerobics)	Sunday 9:00 AM	Ray
"	Monday 8:00 AM	Teresa
"	Tuesday 8:00 AM	Ray
"	Thursday 8:00 AM	Ray
"	Friday 8:00 AM	Judy L
"	Saturday 8:00 AM	Ray
"	Saturday 9:15-10:15 AM	Carol & Teresa
CYCLING ( <i>in <u>Cycling Studio</u></i> )	Sunday 8:15 AM	Jim L.
"	Sunday 9:30 AM	Buzz/ Marisé
"	Sunday 10:30 AM	Jessica
"	Monday/Tuesday 6:00 AM	Marise'
"	Monday 9:00 AM	Cat
"	Monday 6:30 PM	Ray
"	Tuesday 8:15 AM	Eileen
"	Tuesday 9:15 AM	Tia
"	Tuesday 6:30 PM-----	(rotation)
"	Wednesday 5:05 AM	Lynn
"	Wednesday 9:00 AM	Ann
"	Wednesday/ Friday 6:30 PM	Jessica
"	Thursday 6:00 AM	Jim L
"	Thursday 8:00 AM	Buzz
"	Thursday 6:30 PM	Jodi
"	Thursday 7:45 PM	Mary/ Jim R
"	Friday 8:00 AM	Danielle
"	Friday 9:15 AM	Tia
"	Saturday 7:10-8:05 AM	Lynn
"	Saturday 8:20-9:15 AM	Buzz
"	Saturday 9:30 AM	Ann

@ = Class open to children age 9 and older when accompanied by Parent or Guardian.

**CLASS****DAY/ TIME****INSTRUCTOR*****STRENGTH & CONDITIONING (Gymnasium unless noted by asterisk\* for Wellness Studio)***

<b>BODY SCULPTING</b>	Sunday 10:00 AM	Ray	
"	Sunday 10:00-11:15 AM	Chris	*
"	Tuesday 9:00 AM	Veronica/ Teresa	
"	Wed/Fri 5:30 PM	Sandra B	*
<b>BODYWORKS</b>	Thursday 7:00 AM	Tia	*
<b>JUMPSTART (core conditioning)</b>	Monday 9:00 AM	Ann	
"	Friday 7:00 PM	Amy	*
<b>POWERHOUSE (abs/lower back)</b>	Monday 5:30-6:15 PM	Ray	
"	Thursday 9:15-10:00 AM	Jim R	*
"	Friday 9:15-10:00 AM	Ray	

***SPIRIT-MIND-BODY (Wellness Studio unless noted by # for Gymnasium)***

<b>PILATES- Mat</b>	<i>(Intermediate)</i>	Sunday 11:30 AM	April G	
"	<i>(Intermediate)</i>	Monday 9:30 AM	Tia	
"		Monday 6:30 PM	Victoria	#
"		Wednesday 9:00 AM	Karii	#
"		Thursday 6:30 PM	Victoria	#
"		Friday 8:00 AM	Karii /Victoria	
"	<i>(Intermediate)</i>	Friday 9:00 AM	Cat	

**PILATESCULPT** Friday 7:00 AM Tia [NEW! starts 10/10](#)

<b>PI-YO (Pilates-Yoga combination)</b>		Tuesday 6:30 AM	Patricia	
<b>PI-YO (Pilates-Yoga combination)</b>		Tuesday 8:00 AM	Tia	
<b>YOGA</b>		Sunday 8:30-9:55 AM	Sarita	
<b>YOGA</b>		Monday 10:30 AM	Jeanie G	
<b>YOGA</b>		Monday 5:30 PM	Jeanie G	
<b>YOGA</b>	<i>(Intermediate)</i>	Monday 6:30-7:50 PM	Jeanie G	
<b>YOGA</b>		Tuesday 9:00-10:15 AM	Patricia	
<b>YOGA</b>		Wednesday 9:00 AM	Jeanine	
<b>YOGAFLOW</b>		Wednesday 6:30-8:00 PM	April	
<b>YOGA</b>		Thursday 8:00-9:10 AM	Maria	
<b>YOGAFLOW</b>		Thursday 10:00-11:30 AM	April G	
<b>YOGA Iyengar</b>	<i>(Intermediate)</i>	Thursday 6:30-7:45 PM	Liz	
<b>YOGA</b>	<i>(Intermediate)</i>	Friday 10:30 AM	Patricia	
<b>YOGA</b>		Saturday 8:30-9:45 AM	Patricia	
<b>SILK-REELING/ QIGONG- Chen</b>		Monday 10:00 AM	Loren	#
<b>T'AI CHI- Yang</b>	<i>(Inter. /Adv.)</i>	Monday 8:00 PM	John	
<b>T'AI CHI WORKOUT- Chen</b>		Tuesday 10:15-11:45 AM	Loren	
<b>QIGONG -18 Buddha Hands</b>		Wed/Fri 10:00 AM	Ann Marie	(# Fridays only)
<b>T'AI CHI- Yang</b>	<i>(Inter. /Adv.)</i>	Wednesday 6:30 PM	Garrett	#
<b>T'AI CHI- Yang</b>	<i>(Beginner)</i>	Wednesday 7:30 PM	Garrett	#
<b>FELDENKRAIS</b>		Sunday 1:30-3:30 PM	Kaz	
		<b><i>(Ongoing monthly workshop - see flyer for dates)</i></b>		



*We build strong kids, strong families, and strong communities*

**STONESTOWN FAMILY YMCA**  
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