

Y GROUP EXERCISE™

Albemarle Family YMCA

March 2010

Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	9:00 - 10:00 Cardio Circuit Multi-Level	9:00 - 10:00 Pilates Multi-Level	9:00 - 10:00 Cardio Circuit Multi-Level	9:00 - 10:00 Pilates Multi-Level	9:00 - 10:00 Step Multi-Level	9:00 - 10:00 Cardio Circuit Multi-Level	
		9:15 - 10:00 Stretch, Move & Bend Multi-Level		9:15 - 10:00 Stretch, Move & Bend Multi-Level			
	10:00 - 10:30 Abs Multi-Level	10:00 - 10:30 Starter Step Starter	10:00 - 10:45 Belly Dancing Multi-Level	10:00-10:30 Cardio Express Level I 10:00 - 11:00 Boot Camp Multi-Level			
		10:30 - 11:30 Arthritis Class Starter <i>Cycling room</i>		10:30 - 11:30 Arthritis Class Starter <i>Cycling room</i>			
							2:30 - 3:30 Yoga Multi-Level
							3:30 - 4:00 Starter Yoga
PM		5:00 - 6:00 Zumba Multi-Level	4:30 - 5:30 Pilates Multi-Level	4:30 - 5:00 Starter Pilates Starter <i>3rd Thurs of Month</i>	5:00 - 5:30 Intro to Group Exercise Starter <i>1st Fri of Month</i>		
	5:30 - 6:30 Cardio Circuit Multi-Level		5:30 - 6:30 Bootcamp Multi-Level	5:00 - 6:00 Pilates Multi-Level	5:30 - 6:30 Step Multi-Level		
	6:00 - 7:00 Yoga Multi-Level <i>Cycling Room</i>	6:00 - 7:00 Kickboxing Multi-Level	6:00 - 7:00 Yoga Multi-Level <i>Cycling Room</i>	6:00 - 7:00 Latin Dance Multi-Level			
	6:30 - 7:30 Pilates Multi-Level	7:00 - 7:30 ABS Multi-Level	6:30 - 7:30 Strength & Tone Multi-Level	7:00-7:30 Starter Strength & Tone	6:30 - 7:00 Belly Dancing Multi-Level	Classes that consistently have fewer than 6 participants are subject to cancellation.	

Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive after the warm up has been completed, please wait for the next class.

