

YGROUP EXERCISE™

Greenbrier Family YMCA
1033 Greenbrier Parkway
Chesapeake, VA 23320
757-547-9622

Summer 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				Multi Level Body Design 8:30-9:30AM		Level I Step 8:30-9:25AM	
	Level II Step 8:45-9:40AM		Level I Cardio Circuit 8:45-9:40AM		Level I Step 8:45-9:40AM		
		Level I Stroller Circuit 9:30-10:30AM	Level I 20/20/20 9:45-10:45AM			Multi Level Power Cut 9:30-10:30AM	
	Multi Level Power Cut 9:45-10:45AM	Level I Cardio Circuit 9:45-10:45AM		Level II Step 9:45-10:45AM	Multi Level Power Cut 9:45-10:45AM	Multi Level Zumba 10:45-11:45AM	
	Level I Stretch, Move and Bend 10:00-11:00AM	Level I Stretch, Move and Bend 10:00-11:00AM	Level I Stretch, Move and Bend 10:00-11:00AM	Level I Zumba Gold 10:00-11:00AM	Level I Stretch, Move and Bend 10:00-11:00AM		
Lunch							
		Multi Level Zumba 11:00-12:00PM	Multi Level Power Cut 11:00-12:00PM	Starter Low Impact 11:00-11:30AM	Multi Level Zumba 11:00-12:00PM		
	Level I Chair Exercise 11:15-12:00PM		Level I Chair Exercise 11:15-12:00PM	Starter Body Design 11:30-12:00PM	Level I Chair Exercise 11:15-12:00PM		
PM		Kids Fit II 3:30-4:15PM (Ends 6/8)		Kids Fit II 3:30-4:15PM (Ends 6/10)			Multi Level Zumba 3:00-4:00PM
	Multi Level Power Cut 5:00-5:55PM	Level I Step 5:30-6:25PM	Multi Level Power Cut 5:00-5:55PM	Level I Mini Boot 5:30-6:00PM			
	Multi Level Kickboxing 6:05-7:00PM	Level I Body Design 6:35-7:05PM	Level I Abs & More 6:00-6:30PM	Level I Abs & More 6:05-6:25PM			
		Multi Level Zumba 6:35-7:35PM		Multi Level Zumba 6:35-7:35PM			
	Level I Body Design 7:05-8:05PM	Starter Step 7:05-7:35PM	Multi Level Zumba 7:00-8:00PM				

Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive more than **five minutes late**, please refrain from entering the exercise room. The fitness room has diverse cardio equipment available during all operational hours of the facility.

