



# GROUP EXERCISE

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

## JANUARY 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>				<b>Multi Level Body Design</b> 8:30-9:30am		<b>Level I Step OR 20/20/20</b> 8:30-9:25am
	<b>Level II Step</b> 8:45-9:40am		<b>Level I Cardio Circuit</b> 8:45-9:40am		<b>Level I Step</b> 8:45-9:40am	
			<b>Level I 20/20/20</b> 9:45-10:45am			<b>Level II Power Cut</b> 9:30-10:30am
	<b>Level II Power Cut</b> 9:45-10:45am	<b>Level I Cardio Circuit</b> 9:45-10:45am		<b>Level II Step</b> 9:45-10:45am	<b>Level II Power Cut</b> 9:45-10:45am	<b>Multi Level Zumba</b> 10:45-11:45am
	<b>Level I / AOA Stretch, Move and Bend</b> 10:00-11:00am	<b>Level I / AOA Stretch, Move and Bend</b> 10:00-11:00am	<b>Level I / AOA Stretch, Move and Bend</b> 10:00-11:00am	<b>Level I / AOA Stretch, Move and Bend</b> 10:00-11:00am	<b>Level I / AOA Stretch, Move and Bend</b> 10:00-11:00am	
<b>Lunch</b>		<b>Multi Level Zumba</b> 11:00-12:00pm	<b>Level II Power Cut</b> 11:00-12:00pm	<b>Starter Fitness</b> 11:05-12:00pm	<b>Multi Level Zumba</b> 11:00-12:00pm	
	<b>Level I / AOA Chair Exercise</b> 11:15-12:00pm		<b>Level I / AOA Chair Exercise</b> 11:15-12:00pm		<b>Level I / AOA Chair Exercise</b> 11:15-12:00pm	<b>Sunday</b>
	<b>Multi Level Zumba</b> 12:00-1:00pm					
<b>PM</b>		<b>Kid Fit II</b> 3:30-4:15pm		<b>Kid Fit II</b> 3:30-4:15pm		<b>Multi Level Zumba</b> 3:00-4:00pm
	<b>Level II Power Cut</b> 5:00-5:55pm	<b>Level I Step</b> 5:30-6:30pm	<b>Level II Power Cut</b> 5:00-5:55pm	<b>Level I Cardio Circuit</b> 5:00-5:55pm		
	<b>Multi Level Y Boot Camp</b> 6:05-6:55pm		<b>Level I 20/20/20</b> 6:00-7:00pm			
		<b>Multi Level Zumba</b> 6:55-7:55pm		<b>Multi Level Zumba</b> 6:05-7:00pm		
	<b>Level I Body Design</b> 7:00-7:55pm	<b>Level II Power Cut</b> 7:00-7:55pm <i>Starts 1/10/2012</i>		<b>Level I Body Design</b> 7:05-7:55pm <i>Starts 1/12/2012</i>	<b>Multi Level Zumba</b> 7:00-7:55pm	

Each class includes a warm-up, work phase & 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.

PLEASE SEE THE NEW GUIDLINES FOR GROUP EXERCISE CLASSES LOCATED ON THE WALL ACROSS FROM THE VENDING MACHINES AT GBF YMCA

GREENBRIER FAMILY YMCA 1033 GREENBRIER PKWY, CHESAPEAKE, VA 23320  
 P 757 547 9622 W YMCASHR.ORG