

# YGROUP EXERCISE™

Indian River 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
<b>Early AM</b>		Level I (GX) <b>Cardio Circuit</b> 6:00am-7:00am		L 1 Seniors (SMB) <b>Bend, Move, Stretch</b> 8:30am-9:30am			
	Level I (GX) <b>Yoga</b> 8:15am-9:15am	L 1 Seniors (SMB) <b>Bend, Move, Stretch</b> 8:30am-9:30am		Multi-level (GX) ⊕ <b>Step Aerobics</b> 8:30 am-9:00 am	Multi-level (GX) <b>Y-Pilates</b> 8:00am-9:00am		
<b>AM</b>	Level 1 (GX) <b>Body Design</b> 9:30am-10:30am	Multi-level (GX) <b>Body Design</b> 8:30am-9:30am	Level I (SMB) <b>Yoga</b> 8:00am-9:00am	Level II (GX) ⊕ <b>Strength &amp; Tone</b> 9:00 am-9:30am		Multi-level (GX) <b>Body Design</b> 8:30am-9:30am	
		Level 1 (GX) <b>Bosu Core Training</b> 9:30am-10:30am	Level I (SMB) <b>Chair Yoga</b> 9:30am-10:30am	Multi-Level (GX) ⊕ <b>Abs and More</b> 9:30-10:00 am		Starter (GX) ⊕ <b>Abs &amp; More</b> 9:30am-10:00am	
		Level I (SMB) <b>Chair Yoga</b> 9:30am-10:30am		Level I seniors (SMB) <b>Bend, Move, and Stretch</b> 9:45am-10:30am			
				Starter women ⊕ (SMB) <b>Strength &amp; Tone</b> 5:30pm-6:00pm			
<b>PM</b>			Starter (SMB) ⊕ <b>Yoga</b> 5:00pm-5:30pm	Level 1 (GX) ⊕ <b>Beginner Zumba</b> 5:30pm-6:00pm			Level 1 (SMB) ⊕ <b>Abs &amp; More</b> 3:15pm-3:45pm
	Level I (GX) <b>Step Interval</b> 5:30pm-6:30pm	Starter women ⊕ (SMB) <b>Strength &amp; Tone</b> 5:30pm-6:00pm	Multi-level (GX) <b>Cardio Circuit</b> 5:30pm-6:30pm	Starter Women ⊕ (SMB) <b>Abs and More</b> 6:00pm-6:30pm	Multi-level (GX) <b>Zumba Tone</b> 5:30pm-6:30pm		
		Level II (GX) <b>Kickboxing</b> 5:30pm-6:30pm		Level I (GX) ⊕ <b>Beginner Kickboxing</b> 6:00pm-6:30pm			
	Multi-level (GX) <b>Latin Dance</b> 6:35pm-7:35pm	Level I (SMB) ⊕ <b>Abs and More</b> 6:00pm-6:30pm	Multi-level (GX) <b>Yoga</b> 6:30pm-8:00pm	Multi-level (SMB) <b>Tai Chi</b> 6:30pm-7:30pm			
		Level I (GX) <b>Yoga</b> 6:30pm-7:30pm		Multi-level (GX) <b>Y-Pilates</b> 6:35pm-7:35pm	Multi-level (GX) <b>Zumba</b> 6:35pm-7:35pm	Classes that consistently have fewer than 4 participants are subject to cancellation.	

Each class includes a warm-up, work phase and cool-down. We want to make sure to answer any questions that you may have. Please feel free to consult the member services desk anytime if you need more information on our classes.



⊕ = 30-minute class

We build strong kids, strong families, strong communities. · [www.ymcashr.org](http://www.ymcashr.org)