



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STARTER STARTER SCHEDULE FEBRUARY 2011

SUFFOLK FAMILY YMCA

757 934 9622

	Group Cycling	Main Studio	Gymnasium	Childcare Studio	Indoor Pool		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		Y-Pilates 6:30-7:15		Y-Pilates 6:30-7:15			
	Aquapower 8:30-9:30	Aquapower 8:30-9:30	Aquapower 8:30-9:30	Aquapower 8:30-9:30	Aquapower 8:30-9:30		
	Starter Cycling 8:30-9:00		Starter Cycling 8:30-9:00				
	Stretch & Core 8:30-9:00	Abs & More 8:30-9:00	Cardio Core 8:30-9:00	Abs & More 8:30-9:00		Abs & More 8:30-9:00	
	ZUMBA 9:15-10:15	Strength & Tone 9:15-10:15	Strength & Tone 9:15-10:15	Strength & Tone 9:15-10:15	Strength & Tone		
			Y-Pilates 9:15-10:15		Yoga 9:15-10:15		
	Deep Water 10:00-11:00		Deep Water 10:00-11:00		Deep Water 10:00-11:00	Starter Pilates 10:30-11:15	Feb. 5
	Yoga 10:30-11:30		Yoga 10:30-11:30		Starter Step 10:30-11:15	Feb. 12	
Lunch	Aqualite 11:00-12:00	Strength & Tone *AOA 11:30-12:30	Aqualite 11:00-12:00	Strength & Tone *AOA 11:45-12:45	Aqualite 11:00-12:00	ZUMBA 10:30-11:30	Yoga 1:30pm-2:30pm
		ZUMBA 12:45-1:45	Drive-Thru Circuit 12:00-1:30	Chair Yoga 11:45-12:45 <small>NEW</small>		Starter Cycling 10:30-11:15	Feb. 5 & 19
PM			ZUMBA 4:15-5:15				ZUMBA 3pm-4pm
	Abs & More 5:30-6	Abs & More 5:30-6	Abs & More 5:30-6	Abs & More 5:30-6	Abs & More 5:30-6		
	Starter Cycling 5:30-6		Starter Cycling 5:30-6				
	Yoga 6:15-7:15	Y-Pilates 6:15-7:15	Yoga 6:15-7:15	Y-Pilates 6:15-7:15	ZUMBA Circuit 6:15-7:15	** AOA is Active Older Adult Please wear loose breathable clothing with cross trainers.	
	Deep Water 7:15-8:15	Aquapower 7:15-8:15	Deep Water 7:15-8:15	Aquapower 7:15-8:15	Y-Change 7:30-8:30	* All classes are all Multi Level unless stated otherwise!	
	Yoga 7:30-8:30	ZUMBA 7:30-8:30	Yoga 7:30-8:30			Due to special circumstances schedule or instructors may change.	
						Please abide by the "5-Minute Rule" and do not enter class 5 minutes or more after the class begins.	