

GROUP EXERCISE

WINTER 2012



<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
MON.	7:30-8:30 am	Spin	Debbie	Spin Room
	8:15-9:15 am	Yoga	Sandra	Multipurpose Room
	8:45-9:45 am	Monday Mix Up	Kathy	Aerobic Room
	9:15-10:15 am	Spin	Sarah	Spin Room
	10:15-11:00	Senior Yoga	Sandra	Gym
	9:30-10:15 am	Core & More	Sandra	Multipurpose Room
	9:45-10:45 am	Sculpt & Tone	Kathy	Aerobic Room
	11:00 -12:00 pm	Power Aqua	Michelle	Pool
	12:00-1:00 pm	Spin	Ruth	Spin Room
	4:30-5:30 pm	H.I.I.T. 60	Joan	Aerobic Room
	6:00-7:00 pm	Sculpt & Tone	Sue F	Aerobic Room
	6:00-7:00pm	Taekwondo	Nick	Multipurpose Room
	7:00-8:00pm	Butts & Guts	Christine	Aerobics Room
	7:00-8:30 pm	MMA \$	Mike	Multipurpose Room
	TUES.	5:15-6:30 am	Spin & Tone	Catherine
8:15-9:00 am		Pilates	Lenore	Multipurpose Room
8:15-9:15 am		Body Blast	Lynn	Aerobic Room
Begins 1/31 9:00-10:00am		Tai Chi (Yang)	Frank	Multipurpose Room
9:15-11:00 am		Kickboxing	Ron	Aerobic Room
9:15-10:15 am		Spin	Lynn	Spin Room
9:10-9:45 am		Senior Pilates Ref \$	Lenore	Auxiliary Room
9:45-10:30am		Pilates Reformer \$	Lenore	Auxiliary Room
10:00-10:45 am		Water Fitness	Catherine	Pool
10:00-11:00		Tai Chi (Advanced)	Pam	Multipurpose Room
11:00-12:00		Tai Chi (Beginner)	Pam	Wii Room
11:00-12:00 pm		Seniorcise	Cat	Gym
11:30-12:15		Yoga	Sandra	Multipurpose Room
11:45-12:45		Home School Swim	Karen	Pool
4:30-5:30 pm		Boot Camp	Suzanne	Aerobic Room
5:00-6:00pm		Outdoor Boot Camp	Joan	Soccer Fields
5:30-6:30 pm		Ashtanga (Power Yoga)	Sandra	Aerobic Room
Begins 1/24 5:45-6:30pm		Group TRX \$	Suzanne	Multipurpose Room
6:30-7:30 pm	Zumba	Jannilet	Aerobic Room	
7:00-8:30 pm	Judo \$	Mike	Multipurpose Room	
WED.	7:30-8:30 am	Spin	Chris	Spin Room
	8:15-9:15 am	Yoga/Pilates	Sue F	Multipurpose Room
	8:45-9:45am	Dancersize	Craig	Gym
	8:45-9:45 am	Intermediate Step	Kathy	Aerobics Room
	9:15-10:15 am	Spin	Chris	Spin Room
	9:30-10:15 am	Pilates	Sandra	Multipurpose Room
	9:45-11:15 am	Muscle Mania	Kathy	Aerobics Room
	10:00-11:00 am	Aqua Work-Deep H2O	Donna	Pool
	12:00-1:00 pm	Spinning	Ruth	Spin Room
	4:30-5:30 PM	Spin	Sandra	Spin Room
	5:15-6:15 pm	Sculpt & Tone	Michelle/Christine	Aerobic Room
	6:00-7:00pm	Taekwondo	Nick	Multipurpose Room
	6:15-7:15 pm	Yoga/ Pilates	Sue F	Aerobic Room
	7:00-8:30 pm	MMA \$	Mike	Multipurpose Room

Updated 1/19/2012

GROUP EXERCISE (cont.)

WINTER 2012

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
THURS.	5:30-6:30 am	spin	Chris	Spin Room
	8:15-9:15 am	Yoga	Sandra	Multipurpose Room
	8:15-9:15am	Cardio, Cuts, & Core	Lynn	Aerobic Room
	9:15-10:00am	Senior Yoga	Sandra	Multipurpose Room
	9:15-10:15 am	Spin	Lynn	Spin Room
	9:15-10:15 am	Sculpt & Tone	Sue F.	Aerobic Room
	9:15-10:00 am	Reformer Pilates \$	Lenore	Auxiliary Room
	10:00-11:00 am	Tai Chi	Reene	Multipurpose Room
	10:00-10:45 am	Poolates	Catherine	Pool
	10:15-11:00am	Zumba	Jannilet	Aerobics Room
	11:00-11:45 am	Seniorcise	Christine	Gym
	11:45-12:45pm	Home School Fit	Christina	Gym
	4:30-5:30 pm	Boot Camp	Suzanne	Aerobic Room
	5:30-6:15 pm	Pilates	Sandra	Aerobic Room
	Begins 1/26 5:45-6:30pm	Group TRX \$	Suzanne	Multipurpose Room
	5:45-6:45 pm	Spin	Joan	Spin Room
	6:15-7:00 pm	Yoga	Sandra	Aerobic Room
	7:00-8:30 pm	Judo \$	Mike	Multipurpose Room
FRI.	7:30-8:30 am	Spin	Debbie	Spin Room
	8:15-9:15 am	Yoga	Jill	Multipurpose Room
	8:30-9:30 am	Sculpt & Tone	Sue F.	Aerobic Room
	9:00-10:00 am	Spin	Mosa	Spin Room
	9:30-10:15 am	Butts & Guts	Christina	Multipurpose Room
	9:30-11:00 am	Cardio Kickboxing	Ron	Aerobic Room
	10:00-10:45am	Sr Strngh&cond	Mosa	Gym
	10:00-10:30am	Senior Pilates Ref \$	Lenore	Auxiliary Room
	11:00 -12:00pm	Power Aqua	Michelle	Pool
	12:00-1:00 pm	Spin RX50	Ruth	Spin Room
7:00-8:00 pm	MMA \$	Mike	Multipurpose Room	
SAT.	8:30-9:30 am	On the Ball + More	Christine	Aerobic Room
	8:45-9:30am	Aqua Zumba	Donna	Pool
	9:30-10:15am	Senior Yoga	Sandra	Aerobics Room
	9:30-10:30 am	Spin	Lynn	Spin Room
	9:30-10:30	TaeKwondo \$	Nick	Multipurpose Room
	10:30-11:30 am	Yoga	Jill	Aerobic Room
SUN.	9:15-10:15 am	Spin	Catherine	Spin Room
	10:30-11:30 am	Pilates/Meditation	Catherine	Aerobic Room

Classes are subject to change or cancellation based upon Instructor availability.

Unless otherwise noted participants must be 14 years of age.

\$-Additional Moderate Charge Applies

For additional information contact Tanya Gabbett, Wellness Director, at 286-4444

Updated 1/19/2012

YMCA OF THE TREASURE COAST

Richard C. Geisinger, Sr. Branch
1700 SE Monterey Rd.
Stuart, FL 34996
(772) 286-4444

Child Watch Hours:

Monday through Thursday 8:00 am to 1:00 pm

Friday 8:00 am to 1:00 pm & 3:30 pm to 6:30 pm

Saturday 8:00am to 1:00 & 3:30 pm to 7:30 pm

