



# GROUP EXERCISE FITNESS CLASS SCHEDULE

**NORTH AREA FAMILY YMCA**

**Liverpool—451-2562**

**January 7– March 31**

Schedule and Instructor are subject to change session to session

	Time	Class	Instructor	Intensity	Studio	Length
<b>MONDAY</b>	8:30am	Active Movers	Rosie	Low/Med	Group	45min
	9:15am	Awesome Abs	Rosie	All Levels	Group	15min
	9:30am	Cardio Kickboxing	Laura/Crystal	Med/High	Group	55min
	10:30am	Pilates	Dixie	Low/Med	Group	55min
	11:30am	Zumba Gold	Suzanne	All Levels	Group	55min
	4:30pm	Total Body Strength	Val	All Levels	Group	55min
	5:30pm	Les Mills Body Combat	Laura	Med/High	Group	55min
	6:30pm	Zumba	Kelly	All Levels	Group	55mn
	7:30pm	Vinyasa Yoga	Joan	All Levels	Group	55min
<b>TUESDAY</b>	6am	Total Body Strength	Mickey	All Levels	Group	45min
	8am	Tai Chi	Jim	Low	Group	55min
	8:30am	Healthy Back	Rosie	Low	MPR	55min
	9:15am	Awesome Abs	Marguerite	All Levels	Group	15min
	9:30am	Total Body Strength	Marguerite	All Levels	Group	55min
	10:30am	Vinyasa Yoga	Dixie	Low	Group	55min
	11:45am	Chair Yoga	Dixie	Low	Group	55min
	4:30pm	Les Mills Body Attack (NEW CLASS)	Angela	Med/High	Group	55min
	5:30pm	Gentle Yoga	Kelly	Low	Group	55min
6:30pm	Cardio Kickboxing	Lisa/Crystal	Med	Group	55min	
<b>WEDNESDAY</b>	6:00am	Pilates	Kate	All Levels	Group	45min
	8:30am	AOA Flex & Balance	Dixie	Low	Group	45min
	9:15am	Awesome Abs	Crystal	All Levels	Group	15min
	9:30am	Les Mills Body Combat	Krista	Med/High	Group	55min
	10:30am	Gentle Yoga	Kelly	Low	Group	55min
	11:30am	Zumba Gold-Toning	Kim B	All Levels	Group	55min
	4:30pm	Total Body Strength (NEW CLASS)	Val	All Levels	Group	55min
	5:30pm	Zumba	Kelly K	All Levels	Group	55min
	6:30pm	Barre	Shannon/Sue	All Levels	Group	55min
<b>THURSDAY</b>	6:00am	Total Body Strength	Marguerite	All Levels	Group	45min
	8:30am	Healthy Back	Rosie	Low	MPR	55min
	9:15am	Awesome Abs	Sue	Low	Group	15min
	9:30am	Total Body Strength	Sue	All Levels	Group	55min
	10:30am	Focus on Fitness	Dixie	Low	Group	55min
	11:30am	Tai Chi	Jim	Low	Group	55min
	4:30pm	Les Mills Body Combat	Kathy	Med/High	Group	55min
	5:30pm	Indoor Boot Camp	Laura	Med/High	Group	55min
	6:30pm	Zumba	Kim B	All Levels	Group	55min
7:30pm	Vinyasa Yoga	Brian	All Levels	Group	55min	

	Time	Class	Instructor	Intensity	Studio	Length
<b>FRIDAY</b>	8:30am	Active Movers	Dixie	Low	Group	45min
	9:15am	Awesome Abs	Sue/Shannon	All Levels	Group	15min
	9:30am	Barre	Sue/Shannon	All Levels	Group	55min
	10:30am	Vinyasa Yoga	Joan	All Levels	Group	55min
	11:30am	Zumba Gold	Lena	Low/Med	Group	55 min
	1:00pm	Gentle Yoga	Denise	Low	Group	55min
<b>SATURDAY</b>	8:30am	Total Body Strength	Kathy K	All Levels	Group	55min
	9:30am	Zumba (1/19, 2/2, 2/16, 3/2, 3/16, 3/30)	Kim B	All Levels	Group	55min
	9:30am	Cardio Kickboxing (1/12, 1/26, 2/9, 2/23, 3/9, 3/23, )	Laura/Lisa	Med/High	Group	55min
	10:30am	Vinyasa Yoga	Various	All Levels	Group	55min
<b>SUN</b>	8:15am	Spin & Strength	Kathy K /Eileen	All Levels	Cycle/ Group	55min
	9:30am	Barre	Heidi/Sue	All Levels	Group	55min
	10:30am	6 weeks Yoga Sculpt (NEW CLASS) (1/13, 1/20, 1/27, 2/3, 2/10, 2/17)	Bridget	Med	Group	55min

## Walking Club

Every Monday, Wednesday and Friday the gym will be open for walkers from 7:30-8:30 am

Did you know? 10 laps around the gym = 1/2 mile!

### Saturday Yoga Instructors

1/12 BRIDGET 1/19 SUE H  
1/26 MARYBETH 2/2 LORI  
2/9 LORI 2/16 MARYBETH  
2/23 KELLY 3/2 LORI  
3/9 BRIDGET 3/16 SUE H  
3/23 BRIDGET 3/30 LORI



**CYCLE**

Monday	Class	Instructor	Intensity	Studio	Length
6:00am	Cycle	Gwen	All Levels	Cycle	45 min
8:30am	Cycle	MaryBeth	All Levels	Cycle	55 min
6:30pm	Cycle	Ryan	All Levels	Cycle	45 min
Tuesday	Class	Instructor	Intensity	Studio	Length
5:45am	Cycle	George	All Levels	Cycle	45 min
Wednesday	Class	Instructor	Intensity	Studio	Length
6:00am	Cycle	Mickey	All Levels	Cycle	45 min
6:00pm	Cycle	George	All Levels	Cycle	55 min
Friday	Class	Instructor	Intensity	Studio	Length
6:00am	Cycle	George	All Levels	Cycle	45 min
Saturday	Class	Instructor	Intensity	Studio	Length
7:15am	Cycle (NO CLASS 3/2)	George	All Levels	Cycle	55 min
9:30am	Cycle (NO CLASS 3/2)	Patty	All Levels	Cycle	55 min
Sunday	Class	Instructor	Intensity	Studio	Length
8:15am	Spin & Strength	Kathy K/Eileen	All Levels	Cycle	55 min