

GROUP EXERCISE SCHEDULE

FALL 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Spinning*** <i>Terri</i>	Yoga** <i>Michelle</i>	Cardio Sculpt <i>Lilly</i>	Yoga** <i>Michelle</i>	Spinning*** <i>Leslie</i>		
	Body Sculpt <i>Lilly</i>		Spinning*** <i>Chris K.</i>		Bodyfit <i>Lilly</i>		
9 am					9:15 am Pilates Ball* <i>Jeannene</i>	Spinning*** <i>Team</i>	
9:30am	Pilates Mat <i>Glenda</i>	Body Sculpt <i>Sharon</i>	Cardio Combo <i>Sharon</i>	Body Sculpt <i>Diane</i>	Zumba <i>Diana</i>	Pilates Mat <i>Diana</i>	
	Spinning*** <i>Eileen</i>	Yoga** <i>Maria</i>	Spinning*** <i>Colleen</i>	Spinning*** <i>Gail J.</i>	Spinning*** <i>Diane</i>		
10 am				Yoga 10:15 <i>Maria</i>			Body Sculpt <i>Patrick</i>
10:30am	Zumba <i>Amber</i>	Spinning*** <i>Eileen</i>	Zumba <i>Nathalia</i>			Zumba <i>Diana</i>	
6 pm				Spinning*** Teacher tba			
6 pm	Body Sculpt <i>TBA</i>	Zumba <i>Diana</i>	Cardio Combo <i>Barbara</i>	Body Sculpt <i>Barbara</i>			
6:30pm		Yoga* <i>Michelle</i> 6:30pm					
	Spinning *** <i>Colleen</i>		Spinning*** <i>Eileen</i>				
7pm	Kickbox <i>Barbara</i>	Boot Camp <i>Patrick</i>		Yoga* <i>Sara</i> 7:00pm	Bodyfit <i>Patrick</i>		
All classes held in the Fitness Room unless otherwise noted (*Class held in Pilates Studio) (** Class held in Studio A) (***) Class held in Spin Room)							

Norwalk YMCA

