

GROUP EXERCISE SCHEDULE *Fall 2009*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Spinning*** <i>Terri</i>	Yoga** <i>Michelle</i>	Strength & Length <i>Joanna</i> Spinning*** <i>Chris K.</i>	Yoga** <i>Michelle</i>	Spinning*** <i>Leslie</i>		
9 am					9:15 am Pilates Ball* <i>Jeannene</i>	Spinning*** <i>Joanna</i>	
9:30am	Pilates Mat <i>Diane</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>Cheryl</i>	Spinning*** <i>Colleen</i>	Spinning*** <i>Chris</i>	Spinning*** <i>Diane</i>		
10 am				10:15am Pilates Mat <i>Chris</i>			Body Sculpt <i>Patrick</i>
10:30am	Zumba <i>Amber</i>					Zumba <i>Diana</i>	
6 pm	Body Sculpt <i>Sharon</i>	Zumba <i>Diana</i>	Cardio Combo <i>Barbara</i>	Body Sculpt <i>Barbara</i>		Powerstrike <i>Patrick</i> 4:00pm	
6:30pm		Yoga* <i>Michelle</i>	Pilates Mat <i>Gail**</i>	Yoga* <i>Lisa</i>			
	Spinning *** <i>Colleen</i>		Spinning*** <i>Chris</i>				
7pm	Kickbox <i>Barbara</i>	Boot Camp <i>Patrick</i>			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

