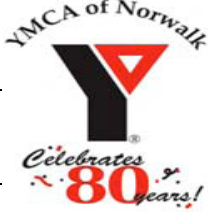


**NORWALK YMCA FALL I Group Exercise
Tuesday September 2nd - Saturday October 25**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ <u>Sunday</u>
6am	Spinning*** <i>Terri</i>	Yoga** <i>Michelle</i> Spinning*** <i>Karen</i>	Cardio Kickboxing <i>Julienne</i> Spinning*** <i>Chris K.</i>	Yoga** <i>Michelle</i>	Spinning*** <i>Leslie</i>	
9am	9:15am Pilates Mat <i>Gail</i>				9:15am Pilates Ball* <i>Gail</i>	Step & Sculpt <i>Sharon</i> Spinning*** <i>Karen</i>
9:30am	Step It Up <i>Diane</i> Spinning*** <i>Karen</i>	YOGA <i>Porter</i>	Kickboxing Boot Camp <i>Sharon</i> Spinning*** <i>Colleen</i>	Muscles in Motion(AOA) <i>Nancy**</i> Total Body Sculpt <i>Diane</i>	Zumba <i>Diana</i> Spinning*** <i>Chris Z.</i>	
10 am						Pilates Mat <i>Diana</i> Sunday Total Body Sculpt <i>Patrick</i>
10:30am	Upper Body Sculpt <i>Sharon</i> Zumba ** <i>Gail</i>	Lower Body Sculpt <i>Sharon</i>	Total Abs <i>Sharon</i>			
10:45am	Total Abs					
12 Noon					Aerobics (AOA) <i>Jackie</i> Pilates Mat** <i>Diana</i>	
6 pm	Total Body Sculpt <i>Sharon</i>	Zumba <i>Diana</i>	Cardio Combo <i>Barbara</i>	Total Body Sculpt <i>Barbara</i>		
6:30pm	Pilates Mat* <i>Jeannene</i> Spinning *** <i>Colleen</i>	Yoga* <i>Michelle</i> Spinning*** <i>Leslie</i>	Pilates Mat <i>Diana*</i>			
7 pm	7:15 pm CardioKickbox Sculpt <i>Barbara</i>	Boot Camp <i>Patrick</i>			Body Fit <i>Patrick</i>	

All classes held in the Fitness Room unless otherwise noted

(*Class held in Pilates Studio)(** Class held in Dance Studio) (***) Class held in Spin Room)