

# Greater Holyoke YMCA

## Group Fitness Schedule - Effective 2/26/2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35 AM		* Y-Cycle - FS (Jo-Ann)		* Y-Cycle - FS (Jo-Ann)			
6:00 AM	*Y-Cycle-FS (Davi)		*Y-Cycle-FS (Davi)		*Y-Cycle-FS (Julie)		
6:15 AM	* Boot Camp - G (Jenn)		* Boot Camp - G (Jenn)		*Yoga Sculpt - G (Davi)		
6:30 AM		# Yoga - FS (Claudia)		# Yoga - FS (Claudia)			
7:30 AM						** Boot Camp - G (Jenn)	
8:00 AM			# Yoga - FS (Claudia)			# Yoga - FS (8:05 AM) (J)	
9:00 AM	* Total Fitness - G(Liz)	** Power Sculpt -FS (Jenn)	* Total Fitness - G(Maggie)	** Power Sculpt - FS (Jenn)	* Total Fitness - G(Davi)	*Zumba - MP(Kathy)	
9:15 AM			* Y-Cycle - FS (Julie)			*Y-Cycle (9:20 AM) - FS (Liz)	*Y-Cycle - FS (Julie)
10:00 AM		*Y-Cycle -FS (Liz)		*Y-Cycle -FS (Liz)			
10:15 AM	*AOA - G (Kate)  *Y-Cycle - FS (Cheryl)	*AOA Dance Fitness- G (Kate)	*AOA - G (Kate)		*AOA - G (Kate)  *Y-Cycle - FS (Jenn)		
10:45AM				*AOA Balance&Tone (Rebekah)-FS			
11:15 AM	*Gentle Yoga FS (Claudia)		*Gentle Yoga FS (Claudia)				
12:00 PM		* Y-Cycle - FS (Jenn)		* Y-Cycle - FS (Jenn)	*Body Bootcamp -FS(Maggie)		
3:45PM				*Ballet Tone- FS (Rebekah)			
4:45 PM	* Y-Cycle - FS (Jenn)		* Y-Cycle - FS (Jenn)		*Y-Cycle -FS (Julie) 4:30 PM		
5:30 PM		*Body Sculpt - G (Maggie)  * Y-Cycle -FS (Sean)		*Body Sculpt - G (Maggie)  * Y-Cycle -FS (Cheryl)	* Family Zumba - FS (Natalya)		
5:45 PM	* Total Fitness - G (Davi)  # Yoga - FS (Chelsea)		*Total Fitness - G (Davi)  # Yoga - FS (Francis)				
6:15 PM		# Salsa -MP (Jr.)					
6:20 PM		* Zumba - G (Natalya)		* Zumba - G (Natalya)	*Cardio Hip Hop-FS (Juan)		
6:30 PM		*Y-Cycle - FS (Sean)		*Y-Cycle - FS (Sean)			
7:00 PM	* Pilates - FS (Davi)		* Pilates - FS (Davi)				

Location: FS = Fitness Studio G = Gym

Class Length \* =45 Minute - \*\* 50=Minutes - # =1Hour