

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

NCF YMCA - Northwood Branch - Eff. March 2008

SPIRIT, MIND, AND BODY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	AM Cycling David	Rise & Shine Yoga <i>Laura</i>	AM Cycling David	Rise & Shine Yoga <i>Laura</i>	AM Cycling David	
8:00-9:30am				New Class Pranayam Yoga <i>Nand</i> Karate Room		
9:00am	H2O Fitness <i>Deanne/Susie</i>	Water Fitness <i>Joan</i>	H2O Fitness <i>Joan</i>	Water Fitness <i>Joan</i>	H2O Fitness <i>Susie/Deanne</i>	
9:00am	Circuit Breaker <i>Karlton</i>	Step, Jump & Pump <i>Tony</i>	Circuit Breaker <i>Karlton</i>	Step & Tone <i>Deanne</i>	Circuit Breaker <i>Karlton</i>	Weekend Surprise Instructors Choice See Schedule in Wellness Lobby for class description 9:10-10:30
9:30am		My Yoga <i>Nand</i>				
10:00am	<i>Yoga-Lates</i> <i>Becky</i>		<i>Stretching and</i> <i>Joints in Motion</i> <i>Kristina</i>		<i>Total Body</i> <i>Strength &</i> <i>Sculpt</i> <i>Becky/Dan</i>	
10:30am		SilverSneakers I® Muscular Strength <i>Donna</i>		SilverSneakers I® Muscular Strength <i>Becky</i>		
11:00am			<i>Total Body</i> <i>Strength &</i> <i>Sculpt</i> <i>Deanne</i>		<i>Yoga-Lates</i> <i>Becky</i>	
5:30pm	New Class Cardio Kick & Tone <i>Sarah</i>	Pump it Up! <i>Dan</i>	Step Intensity <i>Lisa</i>	Total Fitness <i>Karlton</i>	New Day Pump it Up! <i>Dan</i>	
6:30pm	Qigong <i>Paul</i>	<i>Yoga-Lates</i> <i>Becky</i>	Core Strengthening <i>Lisa</i>	New Class Super Cycling	New Class Pranayam Yoga <i>Nand</i>	
		Beginner's Cycling 45min <i>New Instructor</i>				

All group exercise classes will be held in Aerobics Room #1 unless otherwise designated. Feel free to alter your movements during class for your comfort. Children 10-13 yrs. can attend class with parent/guardian.

Water Aerobic/Fitness classes held in pool. ☺

During colder months, if temperature is 50 degrees Fahrenheit or below 1 hour prior to class time, class will be cancelled.

HAVE A GREAT WORKOUT!!