

AS-aerobics studio
 FG-front gym
 BG-back gym
 MP-multipurpose room
 CF-conference room

MONDAY			TUESDAY			WEDNESDAY		
Time	Class Name	LOC	TIME	CLASS NAME	LOC.	TIME	CLASS NAME	LOC.
5:30-6:30am	CYCLE jamie r	CS				5:30-6:30am	CYCLE jamie r	CS
6:00am-7:00am	ZUMBA penny	AS	6:00-6:45am	PILATES kelli	AS	8am-9am	AOA kelli	AS
8am-9am	AOA kelli	AS	6:00-7:00am	CYCLE jamie r	CS	8:10-9:30AM	CYCLE/SCULPT jamey	CS
8:15-9:30AM	CYCLE/SCULPT jamey	CS	8:05-8:50am	SCULPT/TONE II darlene	AS	9:10-10:15am	INTER./Adv STEP tina	AS
9:10-10:15am	INTER./ADV STEP tina	AS	9:10-10:05am	CYCLE darlene	CS	9:15-10:15am	PILATES stephanie m	BG
9:15-10:15am	PILATES kelli	BG	9:10-10:10am	Beg-Adv. CARDIO KICKBOXING	AS	10:30-11:20am	ZUMBA GOLD Sandy	AS
10:30-11:20am	ZUMBA GOLD Sandy	AS	9:15-10:15am	YOGA 2 jen	BG	12:15-1PM	CARDIO/SCULPT/TONE kelli	AS
12:15-1PM	CARDIO/SCULPT& TONE kelli	AS						
5:30-6pm	BUTTS/GUTTS darlene	AS	11:15-12pm	SILVER SNEAKERS ROM stephanie	AS	5:30-6pm	BUTTS/GUTTS lisa b	AS
6:05-7:05pm	INTER/ADV. CARDIO KICKBOXING darlene/mindy	AS	12:15-1pm	PILATES kelli	AS	6:05-7:05pm	KICK/ BOOTCAMP lisa/robin	AS
7-8pm	CYCLE kathleen	CS		teen cycle coming this summer 2008!		7-8pm	CYCLE kathleen	CS
7:10-8:10pm	INTER/ADV. STEP charrie	AS	5-6pm	BEG/INTER.CARDIO KICK pam	AS	7:10-8:10pm	INTER/ADV. STEP charrie	AS
8:30-9:30pm	TAI CHI 10 week session members free/non-members \$50 sign up at front desk dr berry	AS	6-7PM	STEP/ lisa b	AS	8:30-9:30pm	ZUMBA penny	AS
			6:45-7:45pm	BEG/INTER.YOGA linda	CR	COFFMAN FAMILY YMCA SPRING/SUMMER 2008		
			7-8pm	BOOTCAMP lisa b	AS			
			8:30-9:30pm	CYCLE bob	CS			

Questions

please contact: Darlene Reid
 Sr Health and Wellness Director
 dreid@daytonymca.org/886.2845

Instructor is subject to change.

AS-aerobics studio
 FG-front gym
 BG-back gym
 CR-conference room
 MP-multipurpose room

<h1>YGROUP EXERCISE™</h1> <p>We build strong kids, strong families, strong communities.</p>								
THURSDAY			FRIDAY			SATURDAY		
Time	Class Name	LOC	TIME	CLASS NAME	LOC.	TIME	CLASS NAME	LOC.
			5:30-6:30am	CYCLE jamie r	CS	8:05-9:05am	YOGA I linda	AS
6:00-6:45am	PILATES kelli	AS	8am-9am	AOA kelli	AS	8:05-9:10am	CYCLE kathleen	CS
6:00-7:00am	CYCLE jamie r	CS	8:15-9:30AM	CYCLE/SCULPT jamey	CS	9:15-10:15am	CYCLE david	CS
8:05-8:50am	SCULPT/TONE II darlene	AS	9:10-10:10am	ZUMBA christi	AS			
9:10-10:05am	CYCLE kevin	CS	9:15-10:15am	YOGA STRETCH Jen G	BG	9:20-10:20am	STEP charrie/robin	AS
9:10-10:10am	BEG/INTER. CARDIO KICKBOXING darlene	AS				10:30-11:30am	CARDIO KICKBOXING mindy	AS
9:15-10:15am	YOGA II jen g	BG	KIDS ZUMBA COMING THIS SUMMER 2008!			11:30-12:30pm	ZUMBA wendy	AS
11:15-12pm	SILVER SNEAKERS ROM	AS				SUNDAY		
12:15-1pm	PILATES kelli	AS	12:15-1PM	CARDIO/SCULPT/TONE kelli	AS	1:00PM-2:30PM	ENDURANCE CYCLE david <i>and 3rd Sunday of Every Month</i>	AS
			5:15-6:15pm	CYCLE rich	CS	3:30-4:30pm	ZUMBA penny	AS
5-6pm	ZUMBA carrie	AS	6:05-7:05pm	ZUMBA michelle	AS			
6-7PM	STEP/ lisa b	AS				COFFMAN FAMILY YMCA SPRING/SUMMER 2008		
7:05-8:05pm	YOGA I linda	CR						
7:30-8:30pm	CYCLE dawn	CS						

INSTRUCTOR SUBJECT TO CHANGE.