

# PREBLE COUNTY YMCA - GROUP EXERCISE PROGRAMS

Please note: Unless otherwise specified, the following classes are free to all members; all classes will be "drop in," no sign-up or registration is needed.  
We do encourage you to arrive a few minutes early for class as equipment may be limited. Thank you for your participation.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Land	Water	Land	Water	Land	Water	Land	Water	Land	Water	Land	Water
Early Morning	9-10am SilverSneakers®2 Cardio Circuit Linda H.									9-10am Silver Sneakers Yoga Stretch Linda H.		8:10-9a Deep Water Ex. Beth Pool
9:00am	9-9:55am Yoga Melinda A.	9:10-10a Water Exercise Amanda V.	9-9:55a Cycle/Tone Linda H.	8:50-9:40a Water Aerobics Lindsey G.	9 - 9:55a Yogalates Julia B.	9:10-10a Water Exercise Amanda V.	9-9:55a Hip Hop Hustle/Tone Karen H.	8:50-9:40a SilverSneakers® SilverSplash Linda H.	9-9:55a Yoga Melinda	9:10-10a Water Exercise Amanda V.		
10:00am	10-11am Zumba Melinda A.	10:10-11:00a AOA Water Exercise Amanda V.	10a-11am SilverSneakers®I MSROM Linda H.		10am-11am Zumba Julia B.	10:10-11 AOA Water Exercise Amanda V.	10am-11am SilverSneakers®I MSROM Linda H.		10-10:55am Xtreme Fitness Melinda	10:10-11:00a AOA Water Exercise Amanda V.		
11:00am									11am-12pm Belly Dance Melinda			
5:00pm	5:45 - 6:15 Hip Hop Hustle Karen H.											
6:00pm	6:15-6:45pm Toning Karen H.		5:30-6:25p Yoga Linda H.		6:15-6:45pm Toning Janet H.							
7:00pm	6:45-7:45pm Zumba Janet H.	7 - 7:50pm Deep Water Exercise Christy C.	6:30-7:25p Group Cycling Linda H.	7:00-7:50p Water Aerobics Judy T.	6:45-7:45pm Zumba Janet H.	7 - 7:50pm Deep Water Exercise Sue B.	6:00 -7:15p Group Cycling Ben V.	7:00-7:50p Water Aerobics Lindsey G.				
7:30pm			7:30-9:00p Martial Arts Daryl A.				7:30p-9:00p Martial Arts Daryl A.					

**You can reserve bikes for the Group Cycling classes up to 30 minutes prior to the beginning of the class.**

**Please see a Member Services staff for a number.**

Effective June 19, 2008