

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

Danville Family YMCA

Spring 2010 Begins March 6, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30 AM	Body Pump (Wes)		Extreme Interval (Wes)			
9:30-10:30AM	**Pilates (Sarah)	**Weights in Motion 75 min (Kim)	**Power Pilates (Wes)	**Weights in Motion 75 min(Kim)	**Yoga (Joshua)	20/20/20 (Robin)
11:00-12:00PM		**Silver Sneakers (Kathy)		**Silver Sneakers (Kathy)		Silver Sneakers (Kathy)
12:00-1PM	Group Cycling (Wes)	Yoga 12:15-1PM (Joshua)	20/20/20 (Sarah)	Extreme Interval (Wes/Sarah)	Cycling Fusion (Wes)	
12:45-1:00 PM	Abs Class (Wes)				Abs Class (Wes)	
5:15 – 6:00 PM	**Group Cycling (Mark)					
5:30-6:30PM		**Step (Cathy)	Body Pump (Robin)	**Step (Cathy)		
6-7 PM	**Combo(William)				African Dance (Alice)	
6:30-7:30PM			Power Yoga (Joshua)			
7:00-8:30PM		Yoga (Aldine)		Yoga (Aldine)		
7:45-9:00PM			Tri-Training Spin (Wes) 1/27-3/10			

All classes are FREE to YMCA members. Non-Members pay \$5 a class or purchase a punch card.

Must have a minimum of 5 participants for class to remain on the schedule.

Please bring a water bottle and towel to Group Cycling class which has a limit of 13 spots. You may sign up at the Member Service Desk over the phone or in person an hour before the class the day of the class.

Members will have priority over Non-Members.

Classes with ** are offered during hours of Child Watch