



STANLY COUNTY FAMILY YMCA GROUP EXERCISE

| FITNESS CLASS SCHEDULE | | JANUARY THROUGH DECEMBER 2012 | |
|---|------------------------------------|--|----------------------------------|
| MONDAY | | TUESDAY | |
| 5:45AM-6:45AM | CARDIO COMBO | 5:30AM-6:00AM | XTREME PERSONAL TRAINING |
| 8:30AM-9:00AM | LITE-N-EASY | 8:00AM-8:25AM | WAKE UP AEROBICS |
| 9:00AM-10:00AM | NAUTILUS CIRCUIT TONING | 8:30AM-9:00AM | FLEX-N-STRETCH |
| 9:00AM-10:00AM | YOGA (3RD FLOOR) | 9:15AM-10:15AM | CYCLE/ABS |
| 9:00AM-10:00AM | ZUMBA (GYM #2) | 10:30AM-11:00AM | GROW STRONGER (3RD FLOOR) |
| 9:15AM-10:15AM | CARDIO COMBO | 12:15PM-12:45PM | ZUMBA EXPRESS (GYM #2) |
| 10:15AM-11:00AM | LINE DANCING (INTERMEDIATE) | 5:30PM-6:45PM | BASIC STEP & BUTT-N-GUTT |
| 12:15PM-12:55PM | CYCLING | | |
| 5:30PM-6:30PM | ZUMBA (GYM #2) | | |
| 5:15PM-5:30PM | POWER SCULPT TECHNIQUE INSTRUCTION | THURSDAY | |
| 5:30PM-6:30PM | POWER SCULPT | 5:30AM-6:00AM | XTREME PERSONAL TRAINING |
| 5:45PM-6:30PM | PILATES (3RD FLOOR) | 8:00AM-8:25AM | WAKE UP AEROBICS |
| 6:45PM-7:15PM | XTREME PERSONAL TRAINING | 8:30AM-9:00AM | FLEX-N-STRETCH |
| | | 9:00AM-10:00AM | YOGA (3RD FLOOR) |
| WEDNESDAY | | 9:00AM-10:00AM | ZUMBA (GYM #2) |
| 5:45AM-6:45AM | CARDIO COMBO | 9:15AM-10:15AM | CYCLE/ABS |
| 8:30AM-9:00AM | LITE-N-EASY | 10:15AM-11:00AM | LINE DANCING |
| 9:00AM-10:00AM | BODY SCULPTING (3RD FLOOR) | 10:30AM-11:00AM | GROW STRONGER (3RD FLOOR) |
| 9:00AM-9:15AM | POWER SCULPT TECHNIQUE INSTRUCTION | 12:15PM-12:45PM | FLEX-N-STRETCH |
| 9:15AM-10:15AM | POWER SCULPT | 5:30PM-6:45PM | CARDIO COMBO & BUTT-N-GUTT |
| 12:15PM-12:45PM | XTREME PERSONAL TRAINING | 6:00PM-7:00PM | YOGALATTES (3RD FLOOR) |
| 5:30PM-6:30PM | CYCLE/ABS | 7:00PM-8:00PM | CYCLE/ABS |
| 5:30PM-6:30PM | ZUMBA (GYM #2) | | |
| 6:45PM-7:15PM | XTREME PERSONAL TRAINING | | |
| | | | |
| FRIDAY | | SATURDAY 8:30AM INSTRUCTOR'S CHOICE | |
| 5:45AM-6:45AM | CARDIO COMBO | ZUMBA 10:00AM-11:00AM (GYM 2) CLASS ENDS IN APRIL | |
| 8:30AM-9:00AM | FLEX-N-STRETCH | Classes will be cancelled if at least 2 participants aren't present by | |
| 9:00AM-10:00AM | BODY SCULPTING (3RD FLOOR) | 10 minutes after scheduled start time. ZUMBA requires 8. | |
| 9:15AM-10:15AM | CARDIO COMBO | CLASSES MAY BE CHANGED/ADDED THROUGHOUT THE | |
| 12:15PM-12:45PM | XTREME PERSONAL TRAINING | YEAR. WATCH FOR INFO SIGNS POSTED. | |
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| The YMCA reserves the right to cancel any class with an average attendance of less than 3. It will be announced. Thank you | | | |