STANLY COUNTY FAMILY YMCA GROUP EXERCISE

FITNESS CLASS SCHEDULE		JANUARY THROUGH DECEMBER 2010	
MONDAY		**TUESDAY**	
5:45 - 6:45	CARDIO STEP	5:30 - 6:00	XTREME PERSONAL TRAINING
8:30 - 9:00	LITE-N-EASY	8:00 - 8:25	WAKE UP AEROBICS
9:00 - 10:00	NAUTILUS CIRCUIT TONING	8:30 - 9:00	FLEX - N - STRETCH
9:00 - 10:00	YOGA	9:15 - 10:15	CYCLE/ABS
9:00 - 10:00	ZUMBA **(GYM #2)**	12:05 - 12:55	CYCLING
9:15 - 10:15	CARDIO STEP	12:15 - 12:45	ZUMBA EXPRESS **(GYM #2)**
10:15 - 11:00	LINE DANCING **(Intermediate)**	5:30 - 6:45	CARDIO STEP & BUTT-N-GUTT
12:15 - 12:45	XTREME PERSONAL TRAINING		
5:30 - 6:30	CARDIO STEP		
5:30 - 6:30	ZUMBA **(GYM # 2)**		
5:45 - 6:45	PILATES **(3rd Floor)**		
6:45 - 7:15	XTREME PERSONAL TRAINING		
		THURSDAY	
		5:30 - 6:00	XTREME PERSONAL TRAINING
WEDNESDAY		8:00 - 8:25	WAKE UP AEROBICS
5:45 - 6:45	CARDIO COMBO	8:30 - 9:00	FLEX-N-STRETCH
8:30 - 9:00	LITE-N-EASY	8:30 - 9:00	BASIC LATIN FUSION (**GYM #2**)
9:00 - 10:00	BODY SCULPTING (3rd Floor)	9:00 - 10:00	ZUMBA **(GYM #2)**
9:15 - 10:15	CARDIO STEP	9:00 - 10:00	YOGA **(3rd Floor)**
12:15 - 12:45	XTREME PERSONAL TRAINING	9:15 - 10:15	CYCLE/ABS
5:30 - 6:30	CYCLING	10:15 - 11:00	LINE DANCING **(Beginner)**
5:30 - 6:30	ZUMBA **(GYM # 2)**	12:05 - 12:55	CYCLING
6:45 - 7:15	XTREME PERSONAL TRAINING	5:30 - 6:45	CARDIO STEP & BUTT- N - GUTT
		6:00 - 7:00	YOGALATES **(3rd Floor)**
FRIDAY			
5:45 - 6:45	CARDIO STEP	**SATURDAY 8:30 am INSTRUCTOR'S CHOICE DOWNSTAIRS**	
8:30 - 9:00	FLEX-N-STRETCH		
9:00 - 10:00	BODY SCULPTING (3rd Floor)	Classes Will Be Canceled If At Least 2 Participants	
9:15 - 10:15	CARDIO COMBO	Aren't Present By 10 Minutes After Scheduled Start Time	
12:15 - 12:45	XTREME PERSONAL TRAINING	**CLASSES MAY BE CHANGED/ADDED THROUGHOUT**	
5:30 - 6:30	HIP-HOP (Aerobics Room**)**	**THE YEAR. WATCH FOR INFO SIGNS POSTED**	
		The YMCA reserves the right to cancel any class with an average attendance of less than 3. It will be announced. Thank you.	

Instructors Choice Includes Step or Cycling.