



Atrium Family YMCA

Group Exercise Schedule

Winter I: January 2 - February 18

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Boot Camp - Sarah				
7:00am		AS 6:00 - 6:45am				
8:00am						Rollers I/II
9:00 AM						MR 9:00 - 9:45
9:30 AM	Tighten N Tone - Kim		Tighten N Tone - Kim			Rollers III
10:00 AM	AS 9:00 - 10:00am		AS 9:00 - 10:00am			MR 9:45 - 10:30
10:30 AM		Pilates - Tina	Yoga - Prema	Kickboxing - Tina		Yoga - Prema
11:00 AM		AS 10:00 - 11:00am	AS 10:30 - 11:30am	AS 10:00 - 11:00am		AS 9:00 - 10:00am
12:00 PM						Zumba Toning
1:00 PM						Michele
2:00 PM	PHIT - Julie/Joe		PHIT - Julie/Joe			3G 10:00 - 11:15am
3:00 PM	3G 5:15 - 6:00pm		3G 5:15 - 6:00pm			
4:00 PM	Yoga - Prema		Muscle Mix - Shirley			
5:00 PM	MR 6:00 - 7:00pm	Pilates - Tina	AS 6:00 - 7:00p	Zumba Toning - Michele		
5:30 PM	Zumba - Michele	3G 6:00 - 6:45pm	Boot Camp - Meredith	3G 6:00- 7:30 pm		
6:00 PM	3G 6:00 - 7:00pm	Beg. Zumba - Amy	3G - 6:15 - 7:00p	Kickboxing - Shannon		
6:30 PM	Boot Camp - Meredith	AS 6:00 - 7:00pm	Self-Defense	AS 6:00 -7:00pm		
7:00 PM	AS - 6:15 - 7:00p	Kickboxing - Tina	AS 7:00 - 8:30p			
7:30 PM	Self-Defense	3G 7:00- 8:00 pm	Pilates - Shirley			
8:00 PM	AS 7:00 - 8:30p	Step N Sculpt - Tiffany	MR 7:15 - 8:15pm			
8:30 PM	Boot Camp - Kyle	AS 7:15 - 8:15pm	Boot Camp - Kyle			
9:00 PM	3G 7:15 - 8:15pm		3G 7:15 - 8:15pm			
*CLASS LOCATION KEY						
	AS - Aerobics Studio			CR- Community Room		MR - Muscle Room
	3G - 3rd Gymnasium			WC - Wellness Center		