



JEEP ROGERS FAMILY YMCA

February Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Exercise Studio	5:30 AM - 6:25 AM		Strength Circuit Loni B		BODYPUMP™ Sarah P			
	8:30 AM - 9:25 AM	BODYPUMP™ Lori C	Zumba® Stacey S	BODYPUMP™ Audrey C	Zumba® Loni B	BODYPUMP™ Sarah P	Turbo Kick Barbara W	
	9:30 AM - 10:25 AM	Zumba® Loni B	Rep Reebok J'Aimee M	Step Fusion Loni B	H.I.I.T. Karen C	Step Shalee M	Rep Reebok Amy S/J'Aimee M	
	10:30 AM - 11:25 AM	Step 101 Loni B	Kickboxing Lori C	Zumba® Stacey S	Body Sculpt Becky K	Zumba® Stacey S	Zumba® Sharon H/Sheronda D	
	11:30 AM - 12:25 PM	SilverSneakers Kat L	SilverSneakers Beth S	SilverSneakers Kat L	SilverSneakers Beth S	SilverSneakers Kat L	BODYPUMP™ Lori C	
	2:30 PM - 3:25 PM							Zumba® Sheronda D
	3:30 PM - 4:25 PM							BODYPUMP™ Rotation
	4:45 PM - 5:25 PM	Cardio Circuit J'Aimee M	Step 101 Loni B	Strength Circuit Pamela D				
	5:30 PM - 6:25 PM	BODYPUMP™ Amy S	Zumba® Clarissa B	Turbo Kick Barbara W	Body Sculpt Tanya H	Zumba® Clarissa B		
	6:30 PM - 7:25 PM	Zumba® Loni B	BODYPUMP™ Sarah P	Step Shalee M	Zumba® Sheronda D			
7:30 PM - 8:25 PM	H.I.I.T. Lori C	Y60X Lori C	Zumba® Preston A	BODYPUMP™ Audrey C				
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spirit Mind Body	8:30 AM - 9:25 AM	Pilates Heidi A	Yoga Kat L	Pilates Loni B	Active Yoga Kelly H	Pilates Kat L		
	9:30 AM - 10:25 AM	Active Yoga Kelly H		Ball Fit Beth S		Active Yoga Kelly H	PiYo™ Barbara W	
	10:30 AM - 11:25 AM		Active Adults Stacey S		Active Adults Stacey S		Yoga Fusion Sunny G	
	2:00 PM - 2:55 PM							Ball Fit Beth S
	5:30 PM - 6:25 PM	Pilates J'Aimee M		Yoga Beth S				
	6:30 PM - 7:25 PM	Ball Fit Lori C	Yoga Beth S	Pilates Kat L	Yoga Fusion Beth S			
	7:30 PM - 9:25 PM			Self-Defense Phillip O				
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio	5:30 AM - 6:15 AM	Power Cycle Bruce S		Power Cycle Bruce S	Tri-Training Lindsay A	Power Cycle Bruce S		
	8:30 AM - 9:15 AM	Cycle 101 J'Aimee M	Cycle Lori C		Cycle Janet K		Cycle Heather T	
	9:30 AM - 10:15 AM	Cycle Karen C		Cycle J'Aimee M		Cycle Lori C		
	2:00 PM - 2:45 PM							Cycle Rotation
	5:00 PM - 5:45 PM	Cycle Sarah P		Cycle Becky K				
	6:00 PM - 6:45 PM	Cycle Shalee M	Cycle Heather T	Cycle Lori C	Cycle Susan B	Cycle Shalee M		
	7:00 PM - 7:45 PM		Cycle 101 Susan B					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Just 4 Kids	9:30 AM - 10:00 AM		Fit & Fun (SMB Room) Beth S		Fit & Fun (SMB Room) Stacey S			
	4:00 PM - 4:40 PM	Zumbatomic® Stacey S		Active Kids Becky K		Active Kids Becky K		
	4:30 PM - 5:10 PM				Zumbatomic® Stacey S			



JEEP ROGERS FAMILY YMCA

February Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Specialty	5:30 AM - 6:30 AM	Boot Camp Gymnasium Loni B	Boot Camp Gymnasium J. Foster	Boot Camp Gymnasium Loni B	Boot Camp Gymnasium J. Foster	Boot Camp Gymnasium Loni B	
	9:30 AM - 10:30 AM					Boot Camp Gymnasium J. Foster	
	3:30 PM - 3:55 PM				Dance (3-5 yrs) SMB Room Lynn M		
	4:00 PM - 4:25 PM				Dance (6-8 yrs) SMB Room Lynn M		
	6:30 PM - 7:30 PM	Boot Camp Gymnasium Tanya H		Boot Camp Gymnasium Tanya H	Boot Camp Gymnasium Tanya H		

	Cycle 2:00 PM	BODYPUMP™ 3:00 PM	
Rotation	Sun Feb 05	Lori C	Audrey C
	Sun Feb 12	J'Aimee M	Lori C
	Sun Feb 19	Becky K	Amy S
	Sun Feb 26	Heather T	Audrey C
	Sun Mar 04	Kat L	Lori C
	Sun Mar 11	Lori C	Amy S
	Sun Mar 18	J'Aimee M	Audrey C
	Sun Mar 25	Becky K	Lori C
	Sun Apr 01	Heather T	Amy S
	Sun Apr 08	Kat L	Lori C
	Sun Apr 15	Lori C	Amy S
	Sun Apr 22	J'Aimee M	Audrey C
	Sun Apr 29	Becky K	Lori C
	Sun May 06	Heather T	Amy S

	Instructor	Fitness 101 Mon 10:45 AM Tue 4:45 PM
Feb-2012	Loni B	Step
Mar-2012	Becky K	Body Sculpt
Apr-2012	Lori C	BODYPUMP™
May-2012	Stacey S	Zumba 101

\$ Specialty \$	
Boot Camp	Allow yourself to be taken through a variety of cardio drills and weight lifting to help achieve your fitness goals
Dance	Creative Dance is for children 3-5 yrs Jazz is for children 6-8 yrs
For session dates and registration, please see the front desk	

Classes	Active Kids	This high energy outlet will teach the fundamentals of physical activity with creative play, skills & fun
	Active Adults	A class where there is no age limit on good health and it's never too late to cultivate a healthier lifestyle
	Active Yoga	This yoga class will get our heart rate up with more movement and endurance building poses
	Ball Fit	A class designed to strengthen your body, improve your posture and clear your mind
	Body Sculpt	A total body workout using hand weights, bands, discs and body bars with a different routine each week
	BODYPUMP™	A Les Mills program designed to shape, tone and strengthen your entire body using weight room exercises
	Cardio Circuit	Cardio training with easy to follow segments allowing you to challenge yourself as you become stronger
	Cycle	Music-motivating with a variety drills, simulating an outdoor ride, with real-time fitness level feedback
	Cycle 101	An introductory class that will go over proper bike-fit, explanation of the bikes features, and a great ride
	Fitness 101	A monthly introductory class for those wanting to learn the basics to help build their confidence levels
	H.I.I.T.	High Intensity Interval Training; for those wanting to tone their muscles and increase their endurance
	Kickboxing	A variety of martial art disciplines combined to create a challenging fitness class
	Pilates	Strengthening and toning the body, with a big emphasis on the "Core", form and movement of breath
	PiYo™	A marriage of the two mid body families, Pilates and Yoga, giving you the best of both worlds
	Power Cycle	An individualized, goal-oriented, power-based class with real-time fitness level feedback, when performing efforts that bring the outdoors to an indoor setting, capitalizing on the energy within a group
	Rep Reebok	A pre-choreographed class allowing you to gain and tone muscle; format changes monthly
	SilverSneakers	A chair-based class for anyone who needs to take it slow entering the world of fitness
	Step	Cardio class with a variety of options, including interval training
	Step Fusion	Step, cardio and strength intervals fused together for a total body workout for an ultimate calorie burn
	Strength Circuit	Strength training with easy to follow segments allowing you to challenge yourself as you become stronger
Y60X	Extreme high intensity cardio and strength intervals, help you burn calories; not for the faint at heart	
Yoga	Progression of poses designed to increase flexibility and strength throughout the body	
Yoga Fusion	Begin with simple moves, flowing into energetic sequences, finishing with deeper stretches	
Zumba®	Latin dance sensation combines energy and motivating music with unique moves; always a party	
Zumba Toning®	Just like Zumba® but with added light hand weights	
Zumbatomic®	A Zumba® class geared towards children 5 to 12 years who love to dance	