



# February Group Fitness 2012

(Effective 2/6/2012 ~ Subject to change)

Mon-Fri 5:30-9:45  
Sat 7-4 Sun 11-4  
Building Hours

St2=Studio 2 *New to class? Please arrive early so we can help.*

Rev.2 /6/2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Various	<b>Killer Abs</b> 5:30-5:45   5:45-6:45 (Kris)	<b>Total Body Workout</b> 5:35-6:30 (Deb)	<b>Killer Abs</b> 5:30-5:45  5:45-6:45 (Renaee)  5:45-6:45 (Kris)	<b>Tri Fit Cycle+</b> 5:30-6:30 St2/Gym (Sean/Michelle) +Instructors will alternate weeks between Tri Fit Plyo and Cycle classes.  <b>Total Body Workout</b> 5:35-6:30 (Deb)	<b>Killer Abs</b> 5:30-5:45  5:45-6:45 (Kris)  5:30-6:30 (Renaee)	<i>Tri Classes are open for all to attend</i>  <b>*SATURDAY*</b>
Various	 8:25-9:25 (Julie)	<b>Cardio Mix + Abs</b> 8:45-9:30 (Tina/Tammy)	 8:25-9:25 (Traci)	<b>BootCamp</b> 8:25-9:25 (Mike)	 8:25-9:25 (Traci)	 8:00-9:00 (Rotation)  9:10-9:40 (Rotation)
Various	 9:35-10:05 (Julie)	 9:35-10:35 (Tina)	<b>Cardio Mix</b> 9:35-10:20 (Tammy)  <b>Tri Training</b> Cycle.Run.Swim 9:15-10:25 (Heidi) *Need not be a triathlete to attend!	<b>ZUMBA®</b> 9:35-10:20 (Tricia)	 9:35-10:05 <b>Toning</b> 10:05-10:20 (Stephanie)	<b>Pilates Mix</b> 9:15-10:15 (Lisa)
12:15	 12:15-1:15 (Heidi/Traci)	<b>Power YOGA</b> 12:15-1:00 (Roseanne)   12:15-1:00 (Julie)	 12:15-1:15 (Heidi)	<b>YOGA Mix</b> 12:15-1:00 (Kari)	 12:15-1:15 (Julie)	<b>ZUMBA®</b> 10:30-11:30 (Lisa)
4:15	<b>Double Step</b> 4:15-5:15 (Tina)	 4:15-5:00 (Sandy)	 4:00 GP Technique 4:15-5:15 (Kris)	<b>Burn &amp; Firm</b> 4:15-5:15 (Amy)	 4:15-5:15 (Pam)	Monday-Friday 1:30-3:30 Open Studio Cycle
Various	 5:30-6:30 (Pam)  <b>Pilates Mix</b> 5:30-6:30 ~St2 (Lisa)	<b>ZUMBA®</b> 5:30-6:15 (Colleen)	<b>TurboKick®</b> 5:30-6:30 (Julie)	<b>Power YOGA</b> 5:30-6:30 ~ St2 (Roseanne)   5:30-6:30 (Renaee)	 5:30-6:00 <b>Ab Work</b> 6:00-6:15 (Kari)	<b>*SUNDAY*</b>  12:30-1:30 (Pam)
Various	<b>ZUMBA®</b> 6:40-7:25 (Deisy)	 6:40-7:40 (Estelle)	<b>ZUMBA®</b> 6:40-7:25 (Lisa)			<b>Extreme Workouts</b> Feb. 19 & March 18 6-10 a.m. Sign up ahead

**Group Power:** Purchase your Punch Card; \$30 for 15 classes or \$15 for 7 classes. Sign in @ Member Services before class. Class size is limited

**Group Cycle:** Reserve up to 2 hours in advance; early am classes may call @ 7:00 pm night before. Sat/Sunday classes may reserve @ 1:00 pm the day before. Call Member Services 829-4767 Class size is limited. Please be early to set bike up. Please dress appropriately & bring water.

**Cycle Flex Classes:** If you are time crunched or are new to cycle and don't want to ride the entire scheduled time feel free to choose your length of ride let the instructor know and take time to cool down and stretch.

**Open Studio Cycle** Studio/bike usage available to independently ride. Obtain a bike pass from the front desk (bike orientation required) and ride during scheduled times. Sign up for our email distribution [blymca.org](http://blymca.org)

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