Exercise Studio I
Exercise Studio 2

YHEALTH & WELL-BEING
We build strong kids, strong families, strong communities.

# GROUP EXERCISE SCHEDULE
## September 5, - October 2 , 2010

YMCA
it's all about community.

## YMCA of Pueblo

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| 5:15 | ☼Y Cycle (60) Kathy | | ☼Y Cycle (60) Kathy | | ☼Y Cycle (60) Kathy |
| 6:15 | ☼Y Cycle (60) Kathy | | ☼Y Cycle (60) Kathy | 6:00 ☼ Yoga (55) Cheri | ☼Y Cycle (60) Kathy |
| 7:30 | * Step (30) Cheri | | * Toning (30) Cheri | | * Step (30) Cheri |
| 9:00 | ** Step (55) Hilary | ☼Zumba Tracy / Vanessa | ☼Zumba Gold Senior (55) Tracy/Barb Vanessa | ☼Y Firm+ (85) Lori Gym | ☼Zumba Gold Senior (55) Barb D |
| | | ☼Tai Chi Room B&C (55)Georgi ☼ Y Firm+ Gym (85) Lori | **Kickboxing (55) Lori Gym | ☼Tai Chi Comm. Rm B&C (55) Georgi | **Kickboxing (55) Lori Gym |
| 10:15 | *Silver Sneakers MSROM (45) Cheri | *Silver Sneakers MSROM (45) Georgi | *Silver Sneakers MSROM (45) Barb D | *Silver Sneakers MSROM (45) Barb D | *Silver Sneakers Yoga (45) Cheri |
| 11:15 | * Easy Line Circuit (45) Cheri | *Silver Sneakers Cardio Circuit (45) Cheri | *Silver Sneakers Yoga Stretch (45) Cheri | *Silver Sneakers Cardio Circuit (45) Cheri | |
| 12:00 | ☼ Y Firm (55) Melissa | ☼Y Cycle (55) Melissa | ☼ Yoga (55) Hilary | ☼Y Cycle (55) Melissa | ☼ Y Firm (55) Melissa |
| 4:30 | ***500 Cal (55) Lori ☼Y Cycle (55) Christa | ***Turbo Kick® (55) Aimee ☼Y Cycle (55) Christa | ** Step (55) Janelle ☼Y Cycle (55) Ann | ***Turbo Kick® (55) Aimee ☼Y Cycle (55) Christa | ** Step N Sculpt (55) Janelle ☼Y Cycle (55) Christa |
| 5:30 | **Kick n' Strength (55) Kristie ☼ Zumba Gold ☼Zumba Gold Basic (30) Tracy | ** Step (55) Kristie ☼ Y Firm (55) Vicki | **Kick n' Strength (55) Kristie ☼ Cardio Circuit (55) Paula | ☼Zumba (55) Kristie ☼ Y Firm (55) Vicki | |
| 6:30 | 6:00 ☼ Zumba (55) Gym Hilary ☼Strength Training (85) Darryl | ☼ Yoga (55) Kristie ☼ Easy Line Circuit (55) Kim | 6:00 ☼ Zumba (55) Gym Hilary ☼Strength Training (85) Darryl | ☼ Yoga (55) Kristie ☼ Easy Line Circuit (55) Kim | |
| 7:00 | ***Turbo Kick® Exp (30) Aimee | | | | |

### Saturday

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|---|---|
| 8:00 ***Turbo Kick® (60) Paula | 8:00 ☼Strength Training (85) Vicki |
| | ☼Zumba Gym (55) Hilary/Kim |
| 9:30 **Step N Sculpt (55) Vicki | |
| 10:30 $ Tae Kwon Do (90) C.R. | |

### Sunday

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| 4:00 ☼Zumba (55) Rotating Instructors |

☼ All fitness levels
* Low intensity / impact
** Medium intensity
*** High intensity
$ Additional fee required

**Please note the time changes to Zumba on Mon., Wed. and Sat.**