

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Downtown YMCA - 614-384-2284

Sue Darby: sdarby@ymcacolumbus.org

Winter II 2010 February 22-April 11

Class	\$ FEES		Code	Mo	Tu	We	Thr	Fr	Sa
	M	P*							
Y Cycling	F	\$62	123	6:15-7:00am Angela		6:15-7:00am Tim			8:30 - 9:30am Leslie
Noon	F	\$62	123	12:00-12:45pm Sue	12:00-12:45pm Paul	12:00-12:45pm Felicity	12:00-12:45pm Paul		9:30-10:30am Lisa
Y Cycle/Core			123					12:00-1:00pm Jessica	
PM	F	\$62	123	6:00-6:45pm Felicity	6:00-6:45pm Felicity	6:00-6:45pm	6:00-6:45pm Scott		
Group Exercise	F	\$62							
Bootcamp (GYM)	F	\$62	102		1:00-2:00pm Kari				
Cardio Strength Fusion	F	\$62	198	12:15-1:00pm Viv/ITracy/Irene				11:30am-12:25pm Melinda	
Core Conditioning	F	\$62	195		5:00-6:00pm Marilyn		5:00-6:00pm Marilyn		
Crunchtime Plus	F	\$62	191	6:20-6:40pm Monica		6:20-6:40pm Beth			
Group Weight Training	F	\$62	103	10:45am-12:30pm Fitness Ctr		10:45am-12:30pm Fitness Ctr			
Kickboxing	F	\$62	101			6:45pm-7:30pm Beth		12:30pm-1:15pm Felicity	
Madness -starts 3/8	\$50	\$79	104	7:00pm-8:00pm Zox Room		7:00pm-8:00pm Zox Room			
Muscle Conditioning	F	\$62	116	4:30-5:15pm Monica	11:30-12:15pm Monica T	4:30-5:15pm Monica	11:30-12:15pm Monica J		
Pilates	F	\$62	100	11:30-12:00pm Andrea		11:30-12:00pm Andrea			
Power Sculpt -AM	F	\$62	184		6:15-7:00am Melinda		6:15-7:00 am Melinda		
Pulse	F	\$62	110	12:15-1:00pm (Gym)		12:15-1:00pm (Gym)		12:15-1:00pm (Gym)	
Ripped to the Rhythm	F	\$62	196		6:10-7:15pm Sidney		6:10-7:15pm Sidney		
Step- N- Sculpt	F	\$62	182	5:30-6:20pm Monica		5:30-6:20pm Monica			
"SWEAT"	F	\$62	140	7:00 -7:45pm Melinda					10:30-11:45am Melinda
Tai Chi	\$40	\$62	194			7:30-9:00pm Jim			
Zumba Plus	F	\$62	124			12:15-1:00pm Irene/Vivian			
Dance Fusion	F	\$62	124		7:25 -8:00pm Arnold		7:25 -8:00pm Arnold		
YOGA	F	\$62	186	12:20-1:05pm (Zox Room)	12:30-1:15pm Lori	615am-7am Melinda		12:20-1:05pm (Zox Room)	
Yoga Stretch/Relax	F	\$62	197	6:00-7:00pm Melinda			12:30-1:15pm Tracy		
Vinyasa Yoga	F	\$62	170		6:50-7:30pm				12:00-1:15pm Lori
NEW! SUNDAY YOGA	F	\$62	170						1:15-2:15pm Sunday only!

M = YMCA Metropolitan Member **P*** = YMCA Program Member (must have active Program Membership)

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
Judeo-Christian principles that build a healthy spirit, mind and body.

2/5/2010

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

■ YMC Metropolitan member ■ YMC Program member (must have active Program membership)
FREE = Free for Metropolitan Members

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
Judeo-Christian principles that build a healthy spirit, mind and body.

2/5/2010