

Key:  
 \$ = Class fee  
 MPR = AB Room  
 Aero Room = Aerobics Studio

## Grove City YMCA Group Exercise Schedule September 8-October 26, 2008

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		<b>Sunrise Y Cycling</b> 5:30-6:15 am JoAnn		<b>Sunrise Y Cycling</b> 5:30-6:15 am JoAnn			
7:30 AM	Membership Services can help you register for all Yoga classes.					<b>Boot Camp</b> 7:30-8:30 am Jodi	
8:40 AM	<b>Strength &amp; Tone</b> 8:40-9:30 am Jodi	<b>Y Cycling</b> 8:40-9:30 am Kionta	<b>Step</b> 8:40-9:30 am Traci	<b>Total Body</b> 8:40-9:30 am Kionta	<b>Circuit Training</b> 8:40-9:30 am Jodi	<b>Instructors Choice</b> 8:40-9:30 am Instructors Rotate	
	<b>\$ Yoga I \$</b> 9:30-10:30a Toni MPR B	<b>Pilates I</b> 9:40-10:40 Toni MPR B			<b>Pilates I</b> 9:40-10:40 Toni MPR B		
9:40 AM	<b>Step &amp; Sculpt</b> 9:40-10:30 am Jodi	<b>Step &amp; Sculpt</b> 9:40-10:30 am Matrice	<b>Y Cycling</b> 9:40-10:30 am Traci	<b>Step &amp; Sculpt</b> 9:40-10:30 am Paulie	<b>Cardio Combo</b> 9:40-10:30 am Paulie		
10:45 AM	<b>Y Cycling</b> 10:45-11:30 am					<b>Pilates II</b> 10:20-11:30am Kelly MPR B	
11:00 AM	Traci <b>Silver Sneaker Walking Club</b> 11:00-12:00 Shelly	<b>SilverSneakers</b> Cardio Circuit 11:00-11:45 am Jodi	<b>SilverSneakers</b> Muscular Strength & Range of Movement 11:00-11:45 am Traci	<b>SilverSneakers</b> YogaStretch 11:00-11:45 am Toni	<b>SilverSneakers</b> Muscular Strength & Range of Movement 11:00-11:45 am Jodi		
	<b>SilverSneakers</b> Muscular Strength & Range of Movement 12:30-1:15 Traci/Jodi/Shelly						
5:00 PM							
5:30 PM							
5:40 PM	<b>Step &amp; Sculpt</b> 5:40-6:30 pm Paulie	<b>Y Cycling Combo</b> 5:40-6:30 pm Traci	<b>Half &amp; Half</b> 5:40-6:30 pm Jen	<b>\$ JAB! \$</b> 5:40-6:30 pm Jodi	<b>\$ Friday Night Yoga \$</b> 5-5:30p Parent/Child Yoga 5:40-6:30p Yoga I 6:40-7:30p Yoga II		
6:00 PM							
6:40 PM	<b>Kickboxing</b> 6:40-7:30pm Jodi	<b>HI/LO</b> 6:40-7:30 pm Nancy	<b>Pilates</b> 6:40-7:30 Kelly	<b>Step</b> 6:40-7:30 pm Jodi			
7:30PM							
7:40 PM		<b>Pilates II</b> 7:40-8:40pm Betsy	<b>Y Cycling Combo</b> 7:40-8:40 Carrie	<b>Pilates I/II</b> 7:40-8:40pm Jen/Jennifer			
					<b>\$ = fee based</b>  Membership Services can help you register for all Yoga classes.		

Please allow studio  
to clear before  
entering the next class.

Schedule is subject to change

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