



High Ridge YMCA

Group Fitness Schedule

April 16 - June 10, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30						Closed	Closed
5:45							
6:00	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp		
6:15	5:30-7am	5:30-7am	5:30-7am	5:30-7am	5:30-7am		
6:30	GYM- David	GYM- David	GYM- David	GYM- David	GYM- David		
6:45							
7:00							
7:15				Pilates		Boot Camp	
7:30				7-7:50am		6:50-7:50am	
7:45				MPR- Jean		GYM- David	
8:00	Hatha Yoga		Hatha Yoga		Hatha Yoga	Barbell	
8:15	7:50-8:50am		7:50-8:50am		7:50-8:50am	Strength	
8:30	GYM- Doug		GYM- Doug		GYM- Doug	7:50-8:50am	
8:45						GYM- Danny	
9:00	Yoga	Barbell			Yoga	Zumba*	Cycling
9:15	Stretch	Strength	Low Impact	Low Impact	Circuit	9-10am	Madness
9:30	9-10am	9-9:50am	9:15-10am	9:15-10am	9:15-10am	GYM- Susan	9-10am
9:45	MPR- Doug	GYM- Jenn	GYM- Jenn	GYM- Jenn	GYM- Olga	MPR- Doug	MPR- Chloe
10:00							
10:15	Silver Sneakers		Silver Sneakers		Silver Sneakers		
10:30	10:15-11am		10:15-11am		10:15-11am		
10:45	GYM- Lillian		GYM- Lillian		GYM- Lillian		
11:00							
11:15				Line			
11:30				Dancing			
11:45				11am-12pm			
12:00				GYM- Lillian			
12:15						Pilates	
12:30						12-1pm	
12:45						CHILD CARE- Jean	
5:00	NO CLASSES BETWEEN 1 and 5 PM						
6:00	Teen	Low	Cycling				
6:15	Boxing*	Impact	Madness				
6:30	6-7pm	6-6:50pm	6-7pm				
6:45	MPR- Danny	GYM- Keralee	MPR- Chloe				
7:00	Barbell				Continuing		
7:15	Strength	Hatha Yoga	Stretch	Stretch and	Yoga		
7:30	7-8pm	7:15-8:15pm	Sculpt	Sculpt	6:30-7:45pm		Closed
7:45	GYM- Danny	CHILD CARE	7-8pm	7-8pm	CHILD CARE		
8:00		Keralee	GYM- Aga	GYM- Aga	Sharon		
8:15			Barbell				
8:30			Strength		Beginner		
8:45			7-8pm		Yoga		
9:00			GYM- Danny		8-9pm		
9:15					CHILD CARE		
9:30					Sharon		
9:45							
						Facility Hours	
						Mon-Fri	5:30am-10pm
						Sat	6am-7pm
						Sun	6am-5pm
						Activities noted with an asterisk (*) require payment	See pool schedule for water fitness

Key
Gym
Multi Purpose Room
Child Care