



Group Exercise
January 11- March 29, 2010
Greendale Family Branch YMCA



TIME	MON	TUES	WED	THURS	FRI	SAT
6:00 – 7:00 am	Cycling** (5:45-6:45) Jill	Cycling** (5:30-6:30) Julie F.I.T. Studio Jill	Cycle Fusion** (5:45-6:45) Jill	Cycling** (5:30-6:30) Kristi F.I.T. Studio Jill	Cycling** (5:45-6:45) Jill	
8:00-9:00 am	Chisel & Burn (8:30-10:00) Studio Mark		Chisel & Burn (8:30-10:00) Studio Mark		Chisel & Burn (8:30-10:00) Studio Mark	Cycling** (8:15-9:15) Rotation Power Hatha Yoga* MP Room Julie (8:00-9:15)
9:00-10:00 am	Cycling** (9:15-10:15) Wendy STEP Fusion MP Room Christine	Cycle Fusion** (9:15-10:15) Jill BodyFit (9:30-10:30) Studio Wendy	Cycling** (9:15-10:15) Wendy	Cycle Fusion** (9:15-10:15) Jill BodyFit (9:30-10:30) Studio Wendy	Cycling** (9:15-10:15) Wendy STEP Fusion MP Room Christine	Cardio Mix (9:30-10:15) Studio Rotation Cycling** (9:30-10:30) Rotation
10:00-11:00 am	Strength, Power & Core (10:30-11:30) Studio Wendy	Pilates* (10:45-11:45) Studio Colleen	Strength & Power (10:30-11:30) Spinning Studio Wendy	Pilates* (10:45-11:45) Studio Colleen	Strength, Power & Core (10:30-11:30) Studio Wendy	Core Strength (10:15 -11:00) Studio Rotation
12:00-1:00 pm		Cycling** Jenn		Cycling** Jenn		
4:00-5:00 pm	Cycling** Jenn		Cycle Fusion** Diane	Pilates* (4:30-5:30) MP Room Stacy	Cycling** Diane	
5:30-6:30 pm	Cycling** Wendy Hi/Lo Cardio Sculpt MP Room Betsy	Pilates* MP Room Stacy TurboKick/PiYo (6:00-7:30) Studio Pat	Hi/Lo Cardio Sculpt MP Room Betsy STEP & Sculpt (6:00-7:30) Studio Sandy	Cycling** Kate Pilates* MP Room Stacy TurboKick/PiYo (6:00-7:30) Studio Pat		
6:30-7:30 pm	Kundalini Yoga* (6:30-7:45) MP Room Steve	Y-Fusion (6:30-8:00) MP Room Sue Jujutsu* (7:30-9:00) Studio Wade	Cycling** (6:45-7:45) Betsy Hatha Yoga* (6:30-7:45) Jean	Y-Fusion (6:30-8:00) MP Room Sue Jujutsu* (7:30-9:00) Studio Wade		

***Pre-registration is required at the Welcome Center Desk**

**** Register up to 48 hours in advance by calling 508-852-6694 x276 or by stopping by the Wellness Center Desk**

MP= Multi-Purpose Room