



GROUP EXERCISE SCHEDULE

WINTER 2012

Effective February 13, 2012

All classes are subject to change if they are not meeting attendance requirements

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling** 5:45-6:45 a.m.	F.I.T. 5:45-6:45 a.m. (studio)	Cycle Fusion** 5:45-6:45 a.m.	F.I.T. 5:45-6:45 a.m. (studio)	Cycling** 5:45-6:45 a.m.	Yoga (Flow) 8:00-9:00 a.m. (MP)	Cycling** 8:30-9:30 a.m.
Yoga (Restorative) 5:45-6:45 a.m. (MP)	<i>NEW</i> Cycling** 5:45-6:45 a.m.		Yoga (Power) 5:45-6:45 a.m. (MP)		Cycling** 8:15 - 9:15	
Sport Step 9:15 - 10:15 (Studio)				Sport Step 9:15 - 10:15 (Studio)	Bootcamp 9:00 - 10:00 (studio)	
Power Pilates 9:00 - 9:55 (MP)	Cycle Fusion** 9:15 - 10:15	Power Pilates 9:00 - 10:00 (studio)	Cycle Fusion** 9:15 - 10:15	Cycling** 9:15 - 10:15	Cycling** 9:30 - 10:30 Seasonal Class	
Cycling** 9:15 - 10:15	Bootcamp 9:15 - 10:15 (studio)	Cycling** 9:15 - 10:15	Bootcamp 9:15 - 10:15 (studio)			
Strength & Power 10:30 - 11:30 (studio)	Yoga (Flow) 10:45 - 11:45 (studio)	Strength & Power 10:30 - 11:30 (studio)	Yoga (Flow) 10:45 - 11:45 (studio)	Strength & Power 10:30 - 11:30 (studio)		
	Cycling** 12:00 - 1:00		Cycling** 12:00 - 1:00			
Interval Step & Sculpt 5:30 - 6:25 (MP)	Pilates 5:30 - 6:30 (MP)	Versatile Cardio Sculpt 5:30 - 6:30 (MP)	Pilates 5:30 - 6:30 (MP)			
Bootcamp 5:30 - 6:30 (studio)	Cycling** 5:30-6:30 p.m.	Cycling** 6:00-7:00 p.m.	TurboKick 6:00 - 6:55 (studio)	Cycling** 5:30 6:30 p.m.		
Cycling** 6:00-7:00 p.m.	TurboKick 6:00 - 6:55 (studio)	Bootcamp 5:30 - 6:30 (studio)	PIYo 7:00 - 7:30 (studio)			
Yoga (Flow) 6:35 - 7:30 (MP)	PIYo 7:00 - 7:30 (studio)					
\$\$Zumba\$\$ 6:45 - 7:45 (Studio)						

Wellness Center

Hours of Operation:

Monday-Friday 5:15 am - 10:00 pm
 Saturday 7:00 am - 9:00 pm
 Sunday 8:00 am - 7:00 pm

**Register up to 49 hours in advance online at http://www.supersaas.com/schedule/greendale_YMCA_wellness

MP=Multi-Purpose Room

\$\$ Fee based class, registration required.