



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**SPRING 2012 GROUP FITNESS SCHEDULE
YMCA OF TYLER**

	Time	Class	Room	Instructor
Monday	8:00am – 8:45am	Aquacise	Pool	Nancy
	9:00am – 9:45am	Zumba Toning	Gym	Maria
	5:20pm – 6:20pm	Aquacise	Pool	Sharon H.
	6:00pm – 7:00pm	BODYATTACK	Gym	Juli
	6:00pm – 7:00pm	Yoga	Studio B	Trace
	7:05pm – 8:05pm	Zumba	Gym	Alberto/Maria
Tuesday	8:00am – 8:45am	AquaZumba	Pool	Maria
	9:00am – 9:45am	Zumba	Gym	Maria
	10:00am – 11:00am	Zumba Gold	Gym	Maria
	5:30pm – 6:15pm	Pilates	Studio A	Sharon H.
	5:45pm – 6:30pm	Zumba Toning	Gym	Maria
	6:15pm – 7:00pm	Cardio Blast	WR #2	Sharon H.
	6:35pm – 7:35pm	BODYPUMP	Gym	Juli
Wednesday	8:00am – 8:45am	Aquacise	Pool	Nancy
	9:00am – 9:45am	Zumba Toning	Gym	Maria
	5:20pm – 6:20pm	Aquacise	Pool	Sharon H.
	6:00pm – 7:00pm	BODYATTACK	Gym	Juli
	6:00pm – 7:00pm	Yoga	Studio B	Trace
	7:05pm – 8:05pm	Zumba	Gym	Alberto/Maria
Thursday	8:00am – 8:45am	AquaZumba	Pool	Maria
	9:00am – 9:45am	Zumba	Gym	Maria
	5:30pm – 6:15pm	Pilates	Studio A	Sharon H.
	6:00pm – 7:00pm	BODYPUMP	Gym	Juli
	6:15pm – 7:00pm	Cardio Blast	WR #2	Sharon H.
	7:05pm – 8:05pm	BODYATTACK	Gym	Juli
Friday	8:00am – 8:45am	Aquacise	Pool	Nancy
	6:00pm – 6:45pm	Zumba Toning	Gym	Maria
	7:00pm – 8:00pm	Zumba	Gym	Alberto/Maria
Saturday	9:00am-10:00am	Zumba	Gym	Maria
	10:00am-11:00am	Aquacise	Pool	Julia W.

