



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

**SPRING 2012 GROUP FITNESS SCHEDULE
WHITEHOUSE YMCA**

Monday

Time	Class	Room	Instructor
5:45am – 6:45am	BODYPUMP	MPR	Barbie
8:15am – 9:00am	Pilates*	MPR	Barbie
9:05am – 9:50am	Zumba	MPR	Trisha
9:15am – 9:45am	Kids-n-Motion	Gym/Outside	Sadie
10:00am – 10:45am	Gentle Yoga	MPR	Alex
6:00pm – 7:00pm	Piyo	MPR	Jeannie
6:30pm – 7:30pm	Zumba Toning	Gym	Je'nae



Tuesday

8:15am – 9:00am	Kickboxing	MPR	Kim
9:05am – 9:50am	Group Flex	MPR	Kim
9:15am – 9:45am	Kids Yoga	Gym/Outside	Sadie
10:00am – 10:45am	Senior Strength	MPR	Albert
5:15pm – 6:00pm	Step Fusion	MPR	Susan
6:00pm – 7:00pm	Yoga	MPR	Stacy
7:00pm – 8:00pm	Zumba	Gym	Leah



Wednesday

5:45am – 6:45am	Kickboxing*	MPR	Barbie
8:00am – 9:00am	BODYPUMP	MPR	Barbie
9:05am – 9:50am	Zumba Gold	MPR/Gym	Trisha
10:00am – 10:45am	Gentle Yoga	MPR	Alex
4:15pm – 5:15pm	Zumba	MPR	Je'Nae



Thursday

8:15am – 9:00am	Kickboxing	MPR	Kim
9:05am – 9:50am	Group Flex	MPR	Kim
9:15am – 9:45am	Kids-n-Motion	Gym/Outside	Sadie
10:00am – 10:45am	Senior Strength	MPR	Albert
6:00pm – 7:00pm	Cardio Blast	MPR	Susan
6:30pm – 7:30pm	Zumba	Gym	Je'Nae



Friday

8:00am – 9:00am	BODYPUMP	MPR	Barbie
9:05am – 9:50am	Zumba Gold	MPR/Gym	Trisha
10:00am – 10:45am	Yoga	MPR	Alex



Kids at Play Mon, Wed, Fri 8am-10:45am, Mon – Thurs 6pm – 8pm

Mon, Wed, Fri Childcare has been extended to 10:45am.

*Denoted class is in probationary period based on class participation.

**Outside classes will be cancelled in cases of inclement weather.