


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Class Locations:</b>  <b>CS</b> – Cycle Studio  <b>GXS</b> – Group Exercise Studio  <b>YS</b> – Yoga Studio</p> <p><b>All classes are 45-50 minutes unless otherwise noted.</b>            ^ = 25 min class            * = 60 min class            Bold = Fee and/or registration required            ☺ = Kids age 6 &amp; up welcome to participate <u>with</u> adult</p>	<p><b>1</b></p> <p>6:00 Cycle CS Angie S            6:00 Pp GXS Kristen            *8:30 Active Adult Fitness GXS Gretchen            *8:30 Cycle CS Cathy            9:30 Power Yoga (90 min) YS Karen            9:30 SI GXS Cassy            9:45 Starter Cycle CS Cathy            ^10:30 Abs GXS Cassy            11:00 Yoga 1 GXS Beth  <b>12:30 T'ai Chi GXS</b>            1:30 SS MS-ROM GXS Diane            4:30 BC GXS Sherry I            5:30 Yoga GXS Angie J            *6:30 Cycle CS Diane            6:30 Hip Hop Hustle GXS Marian  <b>6:30 Yoga 2 (75 min) YS Karen</b></p>	<p><b>2</b></p> <p>6:00 Power + GXS Ron            6:00 Yoga YS Polly            8:30 Pp GXS Sheila            8:30 Yoga YS Suzanne            9:30 CI GXS Cathy            *9:30 Cycle CS Kara            9:30 Matworks YS Cassy            10:30 SS MS-ROM GXS Angie J  <b>11:45 Tae Kwon Do YS</b>            12:00 ET GXS Jen R            1:30 SS Cardio Circuit GXS Alison  <b>3:00 Gymnastics GXS</b>            4:30 Yoga YS Renee            5:30 Cycle CS Jen F            5:30 CI GXS Diane            6:30 Yoga YS Debbie  <b>6:30 NIA GXS</b></p>	<p><b>3</b></p> <p>5:05 Cycle CS Anne            6:00 Cycle CS Anne            6:00 KB GXS Kristen            *8:30 Active Adult Fitness GXS Sherry            *8:30 Cycle CS Karen            9:30 KB GXS Sheila            9:30 Yoga YS Beth            11:00 Yoga 1 GXS Alison  <b>12:30 T'ai Chi GXS</b>            1:30 SS MS-ROM GXS Diane  <b>3:00-5:00 Gymnastics YS</b>  <b>4:30 Tae Kwon Do GXS</b>            5:30 Yoga YS Angie J            5:30 Turbo Kick GXS Beth ☺            6:30 ET GXS Cathy            6:30 Cycle CS Kara  <b>6:45 Belly Dance YS</b></p>	<p><b>4</b></p> <p>6:00 CC GXS Anne            6:00 Yoga YS Debbie            8:30 ET GXS Sheila            *8:30 Yoga YS Karen            9:30 C+ GXS Gretchen            *9:30 Cycle CS Kara            10:30 SS MS-ROM GXS Elaine  <b>11:45 Tae Kwon Do YS</b>            12:00 ET GXS Liz  <b>4:00 Gymnastics GXS</b>            5:30 Cycle CS Jen F            5:30 Zumba GXS Beth ☺            6:30 Matworks YS Diane            6:30 SI GXS Cathy</p>	<p><b>5</b></p> <p>6:00 Cycle CS Ron            6:00 Matworks GXS Debbie            *8:30 Active Adult Fitness GXS Diane            *8:30 Cycle CS Gretchen            *9:30 Matworks YS Angie J            9:30 Pp GXS Sheri            10:30 SS YogaStretch GXS Angie J  <b>10:45 Preschool Dance YS</b>            12:30 SS Cardio Circuit GXS Diane            4:30 BLT GXS Kara  <b>5:30 Tae Kwon Do GXS</b></p>	<p><b>6</b></p> <p>8:00 Cycle CS Cathy            *8:30 ET (75 min) GXS Debbie            *9:30 Cycle CS Sheri            *10:30 Yoga GXS Renee  <b>11:45 Tae Kwon Do GXS</b></p>
<p><b>7</b></p> <p><b>Pyramid Plus Master Class</b>  <b>Cathy</b>  <b>2:30-4:00</b>  <b>\$5 Members</b>  <b>\$8 Nonmembers</b>  <b>Please Pay at Front Desk prior to class and bring your receipt to show instructor.</b></p> 	<p><b>8</b></p> <p>6:00 Cycle CS Anne            6:00 C+GXS Kristen            *8:30 Active Adult Fitness GXS Gretchen            *8:30 Cycle CS Sheri            9:30 Power Yoga (90 min) YS Karen            9:30 Zumba GXS Alison            ^10:30 Abs GXS Alison            11:00 Yoga 1 GXS Alison  <b>12:30 T'ai Chi GXS</b>            1:30 SS MS-ROM GXS Diane            4:30 Pp GXS Sheri            5:30 Yoga GXS Renee            *6:30 Cycle CS Jen F            6:30 Hip Hop Hustle GXS Beth  <b>6:30 Yoga 2 (75 min) YS Karen</b></p>	<p><b>9</b></p> <p>6:00 Power + GXS Ron            6:00 Yoga YS Polly            8:30 BC GXS Kara            8:30 Yoga YS Alison            9:30 KB GXS Sheila            *9:30 Cycle CS Cathy            9:30 Matworks YS Alison            10:30 SS MS-ROM GXS Elaine  <b>11:45 Tae Kwon Do YS</b>            12:00 Pp GXS Sheri            1:30 SS Cardio Circuit GXS Alison  <b>3:00 Gymnastics GXS</b>            4:30 Yoga YS Renee            5:30 Cycle CS Jen F            5:30 ET GXS Liz            6:30 Yoga YS Debbie  <b>No NIA class</b></p>	<p><b>10</b></p> <p>5:05 Cycle CS Angie S            6:00 Cycle CS Angie S            6:00 KB GXS Kristen            *8:30 Active Adult Fitness GXS Sherry            *8:30 Cycle CS Karen            9:30 Hip Hop Hustle GXS Marian            9:30 Yoga YS Beth            11:00 Yoga 1 GXS Beth  <b>12:30 T'ai Chi GXS</b>            1:30 SS MS-ROM GXS Angie J  <b>3:00-5:00 Gymnastics YS</b>  <b>4:30 Tae Kwon Do GXS</b>            5:30 Yoga YS Angie J            5:30 Turbo Kick GXS Beth            5:30 Starter Cycle CS Diane            6:30 CI GXS Cathy            6:30 Cycle CS Diane  <b>6:45 Belly Dance YS</b></p>	<p><b>11</b></p> <p>6:00 ET GXS Debbie            6:00 Yoga YS Karen            8:30 CI GXS Kara            *8:30 Yoga YS Karen            9:30 Pp GXS Sherry I            *9:30 Cycle CS Sheri            10:30 SS MS-ROM GXS Angie J  <b>11:45 Tae Kwon Do YS</b>            12:00 ET GXS Beth  <b>4:00 Gymnastics GXS</b>            5:30 Cycle CS Diane            5:30 Zumba GXS Alison            6:30 Yoga YS Angie J            6:30 Pp GXS Cathy</p>	<p><b>12</b></p> <p>6:00 Cycle CS Ron            6:00 Matworks GXS Beth            *8:30 Active Adult Fitness GXS Diane            *8:30 Cycle CS Gretchen            *9:30 Matworks YS Debbie            9:30 20/20/20 GXS Beth            10:30 SS YogaStretch GXS Angie J  <b>10:45 Preschool Dance YS</b>            12:30 SS Cardio Circuit GXS Beth            4:30 20/20/20 GXS Cathy  <b>5:30 Tae Kwon Do GXS</b></p>	<p><b>13</b></p> <p>8:00 Cycle CS Debbie            *8:30 C+ (75 min) GXS Gretchen            *9:30 Cycle CS Kara            *10:30 Yoga GXS Karen  <b>11:45 Tae Kwon Do GXS</b></p>



**Special St. Patrick's Day Classes:**


Mon, 3/15, 6:30pm Hip Hop Hustle – Wear St. Patrick's Day knee sox for a special prize!  
 Wed, 3/17, St. Patrick's Day Cycle – 8:30am (60 min class) or 6:30pm (90 min class)  
 Wed, 3/17, Turb O'Kick, 5:30pm – wear green!

Please recycle your plastic water bottles in the receptacles throughout the Y. Or better yet, use a refillable bottle and save the earth!



**Please welcome some guest instructors this month:**

Jen R from the Bryan YMCA and Jennifer from the Ragsdale YMCA, not to be confused with our own cycle instructor Jen F or our preschool dance instructor, Ms. Jennifer. What?!

Sun 14	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20
<p>Family Yoga Karen GXS 3:00 – 4:00</p>  <p>Children age 6 and up WITH parent</p>	<p>6:00 Cycle CS Angie S 6:00 ET GXS Kristen *8:30 Active Adult Fitness GXS Gretchen *8:30 Cycle CS Diane 9:30 Power Yoga (90 min) YS Karen 9:30 Pp GXS Sheri 9:45 Starter Cycle CS Diane ^10:30 Abs GXS Sheri 11:00 Yoga 1 GXS Beth <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Elaine <b>3:00-5:00 Gymnastics YS</b> 4:30 ET GXS Sherry I 5:30 Yoga GXS Angie J *6:30 Cycle CS Sheri 6:30 Hip Hop Hustle – Wear your St. Patrick's Day knee socks for a prize! GXS Beth ☺ <b>6:30 Yoga 2 (75 min) YS Karen</b></p>	<p>6:00 Power + GXS Ron 6:00 Yoga YS Angie S 8:30 Step GXS Cathy 8:30 Yoga YS Alison 9:30 BC GXS Sherry I *9:30 Cycle CS Cassidy 9:30 Matworks YS Beth 10:30 SS MS-ROM GXS Angie J <b>11:45 Tae Kwon Do YS</b> 12:00 BLT GXS Kara 1:30 SS Cardio Circuit GXS Alison <b>3:00 Gymnastics GXS</b> 4:30 Yoga YS Renee 5:30 Cycle CS Debbie 5:30 C+ GXS Marian 6:30 Yoga YS Karen <b>6:30 NIA GXS</b></p>	<p>5:05 Cycle CS Ron 6:00 Cycle CS Ron 6:00 C+ GXS Kristen *8:30 Active Adult Fitness GXS Sherry *8:30 St Patrick's Day Cycle (60 min) CS Sheri 9:30 ET GXS Sheila 9:30 Yoga YS Karen 11:00 Yoga 1 GXS Alison <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Diane <b>3:00-5:00 Gymnastics YS</b> <b>4:30 Tae Kwon Do GXS</b> 5:30 Yoga YS Angie J 5:30 Turb O'Kick – Wear Green! GXS Beth ☺ 6:30 ET GXS Kara 6:30 St Patrick's Day Cycle (90 min) CS Sheri <b>6:45 Belly Dance YS</b></p>	<p>6:00 BC GXS Anne 6:00 Yoga YS Karen 8:30 KB GXS Sheila *8:30 Yoga YS Karen 9:30 Cl GXS Kara *9:30 Cycle CS Sheri 10:30 SS MS-ROM GXS Beth <b>11:45 Tae Kwon Do YS</b> 12:00 Pp GXS Sheri <b>4:00 Gymnastics GXS</b> 5:30 Cycle CS Diane 5:30 Zumba GXS Beth ☺ 6:30 Yoga YS Debbie 6:30 Pilates OTB GXS Diane</p>	<p>6:00 Cycle CS Anne 6:00 Matworks GXS Polly *8:30 Active Adult Fitness – Zumba Lite GXS Alison *8:30 Cycle CS Gretchen *9:30 Matworks YS Alison 9:30 20/20/20 GXS Cathy 10:30 SS YogaStretch GXS Angie J <b>10:45 Preschool Dance YS</b> 12:30 SS Cardio Circuit GXS Diane 4:30 Pp GXS Kara <b>5:30 Tae Kwon Do GXS</b></p>	<p>8:00 Cycle CS Diane *8:30 Pp (75 min) GXS Gretchen *9:30 Cycle CS Sheri *10:30 Yoga GXS Renee <b>11:45 Tae Kwon Do GXS</b></p>
<p><b>21</b> <b>All About Legs</b> <b>Master Class</b> <b>Kara</b> <b>GXS</b> <b>3:00 – 4:00</b> <b>\$5 Members</b> <b>\$8 Nonmembers</b> <b>Please Pay at Front</b> <b>Desk prior to class and</b> <b>bring your receipt to</b> <b>show instructor.</b></p> <p>Lose to Win Final Weigh-in 4:00</p>	<p><b>22</b> 6:00 Cycle CS Angie S 6:00 Pp GXS Kristen *8:30 Active Adult Fitness GXS Gretchen *8:30 Cycle CS Karen 9:30 Power Yoga (90 min) YS Alison 9:30 KB GXS Cathy ^10:30 Abs GXS Cathy 11:00 Yoga 1 GXS Beth <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Diane <b>3:00-5:00 Gymnastics YS</b> 4:30 BC GXS Sherry 5:30 Yoga GXS Renee *6:30 Cycle CS Ron 6:30 Hip Hop Hustle GXS Beth <b>6:30 Yoga 2 (75 min) YS Karen</b></p>	<p><b>23</b> 6:00 Power + GXS Ron 6:00 Yoga YS Angie S 8:30 Pp GXS Kara 8:30 Yoga YS Suzanne 9:30 Zumba GXS Beth *9:30 Cycle CS Sheri 9:30 Matworks YS Cassidy 10:30 SS MS-ROM GXS Elaine <b>11:45 Tae Kwon Do YS</b> 12:00 Pp GXS Sheri 1:30 SS Cardio Circuit GXS Beth <b>3:00 Gymnastics GXS</b> 4:30 Yoga YS Renee 5:30 Cycle CS Debbie 5:30 BC GXS Liz 6:30 Yoga YS Karen <b>6:30 NIA GXS</b></p>	<p><b>24</b> 5:05 Cycle CS Anne 6:00 Cycle CS Anne 6:00 KB GXS Kristen *8:30 Active Adult Fitness GXS Sherry *8:30 Cycle CS Suzanne 9:30 Pp GXS Sheri 9:30 Yoga YS Suzanne 11:00 Yoga 1 GXS Alison <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Angie J <b>3:00-5:00 Gymnastics YS</b> <b>4:30 Tae Kwon Do GXS</b> 5:30 Yoga YS Angie J 5:30 Turbo Kick GXS Jennifer 5:30 Starter Cycle CS Kara 6:30 ET GXS Liz 6:30 Cycle CS Kara</p>	<p><b>25</b> 6:00 CC GXS Anne 6:00 Yoga YS Karen 8:30 C+ GXS Sherry I *8:30 Yoga YS Karen 9:30 ET GXS Sheila *9:30 Cycle CS Kara 10:30 SS MS-ROM GXS Angie J <b>11:45 Tae Kwon Do YS</b> 12:00 ET GXS Liz <b>4:00 Gymnastics GXS</b> 5:30 Cycle CS Diane 5:30 Zumba GXS Alison 6:30 Yoga YS Angie J 6:30 Cl GXS Jen R</p>	<p><b>26</b> 6:00 Cycle CS Ron 6:00 Matworks GXS Polly *8:30 Active Adult Fitness GXS Diane *8:30 Cycle CS Gretchen *9:30 Matworks YS Diane 9:30 Cardio Mix-up (Zumba/Turbo Kick/Hip Hop Hustle) GXS Beth ☺ 10:30 SS YogaStretch GXS Angie J <b>10:45 Preschool Dance YS</b> 12:30 SS Cardio Circuit GXS Angie J 4:30 ET GXS Sheri <b>5:30 Tae Kwon Do GXS</b></p>	<p><b>27</b> 8:00 Cycle CS Diane *8:30 ET (75 min) GXS Kara *9:30 Cycle CS Sheri *10:30 Yoga GXS Debbie <b>11:45 Tae Kwon Do GXS</b></p>
<p><b>28</b> <b>Hot Vinyasa</b> <b>Power Yoga</b> <b>Master Class</b> <b>Alison</b> <b>1:15 – 2:45</b> <b>\$5 Members</b> <b>\$8 Nonmembers</b> <b>Please Pay at Front</b> <b>Desk prior to class and</b> <b>bring your receipt to show</b> <b>instructor.</b> <b>Bring a large towel</b> <b>and lots of water!</b></p>	<p><b>29</b> 6:00 Cycle CS Angie S 6:00 ET GXS Kristen *8:30 Active Adult Fitness GXS Gretchen *8:30 Cycle CS Cathy 9:30 Power Yoga (90 min) YS Karen 9:30 Zumba GXS Alison 9:45 Starter Cycle CS Cathy ^10:30 Abs GXS Alison 11:00 Yoga 1 GXS Alison <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Elaine <b>3:00-5:00 Gymnastics YS</b> 4:30 ET GXS Sheri 5:30 Yoga GXS Angie J *6:30 Cycle CS Sheri 6:30 Hip Hop Hustle GXS Marian ☺ <b>6:30 Yoga 2 (75 min) YS Karen</b></p>	<p><b>30</b> 6:00 Power + GXS Ron 6:00 Yoga YS Polly 8:30 20/20/20 GXS Cathy 8:30 Yoga YS Suzanne 9:30 ET GXS Sheila *9:30 Cycle CS Suzanne 9:30 Matworks YS Cassidy 10:30 SS MS-ROM GXS Angie J <b>11:45 Tae Kwon Do YS</b> 12:00 Pp GXS Sheri 1:30 SS Cardio Circuit GXS Alison <b>3:00 Gymnastics GXS</b> 4:30 Yoga YS Alison 5:30 Cycle CS Sheri 5:30 Zumba GXS Alison ☺ 6:30 Yoga YS Debbie <b>6:30 NIA GXS</b></p>	<p><b>31</b> 5:05 Cycle CS Ron 6:00 Cycle CS Ron 6:00 KB GXS Kristen *8:30 Active Adult Fitness GXS Sherry *8:30 Cycle CS Suzanne 9:30 Hip Hop Hustle GXS Marian ☺ 9:30 Yoga YS Suzanne 11:00 Yoga 1 GXS Alison <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Angie J 3:00 Chicken Noodle Games for Kids Only (no parents!) GXS Beth ☺ <b>3:00-5:00 Gymnastics YS</b> <b>4:30 Tae Kwon Do GXS</b> 5:30 Yoga YS Angie J 5:30 Turbo Kick GXS Jennifer 6:30 ET GXS Debbie 6:30 Cycle CS Gretchen</p>	<p><b>YMCA Mission</b> To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.</p>	<p><b>Starter Cycle – 15 minute</b> <b>set-up &amp; 30 minute ride.</b> Learn how to set up your bike and experience a 30 minute class. Designed for new participants only. All members must exit the cycle studio at the end of the 45 minute class.</p>	<p>Become a fan of the Facebook Fan Page “Spears YMCA Group Ex and Wellness” and get updates on class changes, subs, news of programs, etc.</p>