
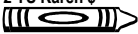

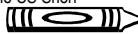





| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|---|--|--|
| <p>1</p> <p>Class Locations: CS – Cycle Studio GXS – Group Exercise Studio YS – Yoga Studio</p> <p>All classes are 45-50 minutes unless otherwise noted: ^ - 25 minute class * - 60 minute class Bold – Fee and/or registration req'd ☺ - Kids age 10 & up welcome to participate WITH adult</p> | <p>2</p> <p>6:00 Cycle CS Angie S 6:00 Knock Out GXS Jenn D *8:30 Active Adult Fitness GXS Gretchen *8:30 Cycle CS Suzanne 9:30 Power Yoga (90 min) YS Karen 9:30 Turbo Kick GXS Beth ☺ ^10:30 Killer Core GXS Beth 11:00 Yoga 1 GXS Ramona 12:30 T'ai Chi GXS 1:30 SS MS-ROM GXS Angie J 3:00 Gymnastics GXS 4:30 ET GXS Jenn 5:30 Yoga GXS Karen *6:30 Cycle CS Kara 6:30 Hip Hop Hustle GXS Liza ☺ 6:30 Yoga 2 YS Karen \$</p> | <p>3</p> <p>6:00 Power + GXS Ron 6:00 Yoga YS Polly 8:30 Pp GXS Jenn D 8:30 Yoga YS Alison 9:30 Step & Sculpt GXS Cathy *9:30 Cycle CS Karen 9:30 Matworks YS Alison 10:30 SS MS-ROM GXS Angie J 11:45 Tae Kwon Do YS 12:00 Pp GXS Sheri 3:00 Gymnastics GXS 4:30 Yoga YS Suzanne 5:30 Cycle CS Sheri 5:30 ET GXS Marian 6:30 Kettle Bell GXS Sheri \$ 6:30 Yoga YS Debbie</p> | <p>4</p> <p>5:05 Cycle CS Anne 6:00 Cycle CS Anne 6:00 C+ GXS Angie S *8:30 Active Adult Fitness GXS Sherry *8:30 Cycle CS Liz 9:30 Hip Hop Hustle GXS Marian 9:30 Yoga YS Karen 10:30 SS Cardio Circuit GXS Alison 11:00 Yoga 1 YS Beth 12:00 Kettle Bell YS Sheri \$ 12:30 T'ai Chi GXS 1:30 SS MS-ROM GXS Angie J 4:30 Tae Kwon Do GXS 5:30 Yoga YS Angie J 5:30 Turbo Kick GXS Beth 6:30 Pp GXS Sheri 6:30 Cycle CS Kara</p> | <p>5</p> <p>6:00 BC GXS Anne 6:00 Yoga YS Karen 8:30 Cardio Games GXS Cathy *8:30 Yoga YS Ramona 9:30 ET GXS Kara *9:30 Cycle CS Cassidy 10:30 SS MS-ROM GXS Angie J 11:45 Tae Kwon Do YS 12:00 Rock Bottom GXS Jenn D 5:30 Cycle CS Jen F 5:30 Zumba GXS Beth ☺ 6:30 Killer Core GXS Beth 6:30 Yoga YS Angie J</p> | <p>6</p> <p>6:00 Cycle CS Karen 6:00 ET GXS Debbie *8:30 Active Adult Fitness GXS Jenn *8:30 Cycle CS Gretchen *9:30 Matworks YS Angie J 9:30 BLT GXS Liz 10:30 SS YogaStretch GXS Angie J 4:30 ET GXS Sheri 5:00 Tae Kwon Do Green & Up YS 5:30 Tae Kwon Do All Levels GXS</p> | <p>7</p> <p>*8:30 C+ GXS Gretchen *9:30 Cycle CS Sheri *10:30 Yoga GXS Deb 11:45 Tae Kwon Do GXS</p> |
| <p>8</p> <p>Hustle You asked for it! Monday 8/9 Hip Hop Hustle will be an hour of working on "The Show" with all 3 instructors – Marian, Liza and Beth</p> | <p>9</p> <p>6:00 Cycle CS Angie S 6:00 ET GXS Jenn D *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 ^10:30 Abs GXS Sheri 11:00 Yoga 1 GXS Ramona 12:30 T'ai Chi GXS 1:30 SS MS-ROM GXS Diane 3:00 Gymnastics GXS 4:30 ET GXS Sheri 5:30 Yoga GXS Angie J Bright Beginnings Battle – Which class can bring in more school supplies or \$ for Bright Beginnings? Cycle or Hip Hop?! *6:30 Cycle CS Sheri *6:30 Hip Hop Hustle– It's all about "The Show" GXS Marian, Liza & Beth 6:30 Yoga 2 YS Karen \$</p> | <p>10</p> <p>6:00 Power + GXS Ron 6:00 Yoga YS Polly 8:30 Knock Out GXS Jenn D 8:30 Cycle CS Diane 9:30 ET GXS Cathy *9:30 Cycle CS Suzanne 9:30 Matworks YS Cassidy 10:30 SS MS-ROM GXS Beth 11:45 Tae Kwon Do YS 12:00 Rock Bottom GXS Jenn D 3:00 Gymnastics GXS 4:30 Yoga YS Renee 5:30 Cycle CS Jen F 5:30 BC GXS Sherry I 5:30 Kettle Bell YS Sheri \$ 6:30 Yoga YS Debbie</p> | <p>11</p> <p>5:05 Cycle CS Ron 6:00 Cycle CS Ron 6:00 C+ GXS Angie S *8:30 Active Adult Fitness GXS Sherry *8:30 Cycle CS Jenn D 9:30 Zumba GXS Sabrina☺ 9:30 Yoga YS Holly 10:30 SS Cardio Circuit GXS Diane 11:00 Yoga 1 YS Beth 12:30 T'ai Chi GXS 1:30 SS MS-ROM GXS Angie J 4:30 Tae Kwon Do GXS 5:30 Yoga YS Renee 5:30 Turbo Kick GXS Beth 6:30 Pp GXS Debbie 6:30 Cycle CS Jenn D</p> | <p>12</p> <p>6:00 CC GXS Anne 6:00 Yoga YS Karen 8:30 CI GXS Cathy *8:30 Yoga YS Ramona 9:30 PIYO GXS Cassidy *9:30 Cycle CS Sheri 10:30 SS MS-ROM GXS Angie J 11:45 Tae Kwon Do YS 12:00 Pp GXS Sheri 5:30 Cycle CS Sheri 5:30 Zumba GXS Beth 6:30 Killer Core GXS Beth 6:30 Yoga YS Angie J</p> | <p>13</p> <p>6:00 Cycle CS Anne 6:00 ET GXS Debbie *8:30 Active Adult Fitness GXS Diane *8:30 Cycle CS Gretchen *9:30 Matworks YS Diane 9:30 Step & Sculpt GXS Holly 10:30 Kettle Bell YS Sheri \$ 10:30 SS YogaStretch GXS Beth 4:30 ET GXS Jenn D 5:00 Tae Kwon Do Green & Up YS 5:30 Tae Kwon Do All Levels GXS</p> | <p>14</p> <p>*8:30 Pp GXS Sherry I *9:30 Cycle CS Cathy *10:30 Yoga GXS Renee 11:45 Tae Kwon Do GXS</p> <p>Yogasteps Instructor Training in Yoga Studio 8:45 – 6:00</p> <p>Intro to Belly Dance Veil Workshop with Fauna! 2:00 – 4:00 pm GXS - \$</p> |

August is Bright Beginnings Month at the YMCA

Help give a child a good start to the school year by donating school supplies, money and/or your time. Each August, the YMCA takes needy children shopping at Target to outfit them with school clothes using money donated by our generous members. Every dollar helps! We also provide them with a backpack full of school supplies so pick up paper, pencils, rulers, glue sticks, etc. while you're out shopping and bring them to the front desk to fill up our BB bus. The shopping nights are August 16-18 so if you can spare an evening, please sign up at the front desk to help shop – it will be an experience that you'll never forget!

We'll also be having a competition between the 6:30 classes on Monday, Aug 9 to see which class can bring the most donations! The Battle is ON – Little Miss Cycle (Sheri) vs. Lil Miss Hip Hops (Beth, Marian, & Liza)!!!

| Sun 15 | Mon 16 | Tue 17 | Wed 18 | Thu 19 | Fri 20 | Sat 21 |
|---|--|--|---|---|--|--|
| <p>Family Yoga Karen GXS 3:00 – 4:00</p>  <p>Children age 6 and up WITH parent</p> <p>Yogasteps Instructor Training in Yoga Studio 8:45 – 6:00</p> | <p>6:00 Cycle CS Angie S 6:00 Pp GXS Jenn D *8:30 Active Adult Fitness – Zumba Lite GXS Alison *8:30 Cycle CS Diane 9:30 Power Yoga (90 min) YS Karen 9:30 BC GXS Sherry I ^10:30 Abs GXS Sherry I 11:00 Yoga 1 GXS Ramona 12:30 T'ai Chi GXS 1:30 SS MS-ROM GXS Elaine 3:00 Gymnastics GXS 4:30 BLT GXS Kara 5:30 Yoga GXS Angie J *6:30 Cycle CS Sheri 6:30 Hip Hop Hustle GXS Liza 6:30 Yoga 2 YS Karen \$</p>  <p>Bright Beginnings Shopping</p> | <p>6:00 Power + GXS Ron 6:00 Yoga YS Polly 8:30 KB GXS Kara 8:30 Yoga YS Alison 9:30 All the Toys GXS Kara *9:30 Cycle CS Jenn D 9:30 Matworks YS Angie J No 11:45 Tae Kwon Do 10:30 SS MS-ROM GXS Angie J 12:00 Guns 'n' Core GXS Jenn D 3:00 Gymnastics GXS 4:30 Yoga YS Renee 5:30 Cycle CS Cathy 5:30 Zumba GXS Sabrina 6:30 Yoga YS Polly</p>  <p>Bright Beginnings Shopping</p> | <p>5:05 Cycle CS Ron 6:00 Cycle CS Ron 6:00 C+ GXS Angie S *8:30 Active Adult Fitness GXS Sherry *8:30 Cycle CS Holly 9:30 ET GXS Sheri 9:30 Yoga YS Karen 10:30 SS Cardio Circuit GXS Angie J 11:00 Yoga 1 YS Alison 12:00 Kettle Bell YS Sheri \$ 12:30 T'ai Chi GXS 1:30 SS MS-ROM GXS Diane 4:30 Tae Kwon Do GXS 5:30 Yoga YS Angie J 5:30 Turbo Kick GXS Beth 6:30 C+ GXS Sheila 6:30 Cycle CS Sheri</p>  <p>Bright Beginnings Shopping</p> | <p>6:00 BC GXS Anne 6:00 Yoga YS Karen 8:30 Pilates OTB GXS Diane *8:30 Yoga YS Alison 9:30 C+ GXS Sherry I *9:30 Cycle CS Cathy 10:30 SS MS-ROM GXS Angie J 11:45 Tae Kwon Do YS 12:00 Pp GXS Sheri 5:30 Cycle CS Karen 5:30 Zumba GXS Sabrina ☺ 6:30 Kettle Bell GXS Sheri \$ 6:30 Yoga YS Ramona</p>  <p>Bright Beginnings Shopping</p> | <p>6:00 Cycle CS Anne 6:00 Zumba GXS Beth *8:30 Active Adult Fitness GXS Diane *8:30 Cycle CS Liz *9:30 Matworks YS Beth 9:30 20/20/20 GXS Sheila 10:30 SS YogaStretch GXS Angie J 4:30 Pp GXS Jenn D 5:00 Tae Kwon Do Green & Up YS 5:30 Tae Kwon Do All Levels GXS</p> | <p>*8:30 ET GXS Holly *9:30 Cycle CS Kara *10:30 Yoga GXS Renee J 11:45 Tae Kwon Do GXS</p> |
| <p>22</p> <p>The evening Hip Hop Hustle class will take a brief break at the end of August and return in September with all new choreography! New participants are welcome at any time but if you've never tried it before, September will be a great time to get in at the beginning of the new routines.</p> | <p>23</p> <p>6:00 Cycle CS Anne 6:00 Pp GXS Jenn D *8:30 Active Adult Fitness GXS Gretchen *8:30 Cycle CS Karen 9:30 Power Yoga (90 min) YS Karen 9:30 Plyometric Fun GXS Diane ^10:30 Abs GXS Diane 11:00 Yoga 1 GXS Alison 12:30 T'ai Chi GXS 1:30 SS MS-ROM GXS Diane 4:30 ET GXS Kara 5:30 Yoga GXS Angie J *6:30 Cycle CS Jenn D 6:30 Zumba GXS Sabrina 6:30 Yoga 2 YS Karen \$</p> | <p>24</p> <p>6:00 Power + GXS Ron 6:00 Yoga YS Angie S 8:30 Cardio Games GXS Cathy 8:30 Yoga YS Alison 9:30 PIYO GXS Cassy *9:30 Cycle CS Sheri 9:30 Matworks YS Alison 10:30 SS MS-ROM GXS Angie J 11:45 Tae Kwon Do YS 12:00 Pp GXS Sheri 4:30 Yoga YS Renee 5:30 Cycle CS Cathy 5:30 BC GXS Sherry I 6:30 Kettle Bell GXS Sheri \$ 6:30 Yoga YS Debbie</p> | <p>25</p> <p>5:05 Cycle CS Angie S 6:00 Cycle CS Angie S 6:00 Knock Out GXS Jenn D *8:30 Active Adult Fitness GXS Sherry *8:30 Cycle CS Karen 9:30 Zumba GXS Sabrina 9:30 Yoga YS Holly 10:30 SS Cardio Circuit GXS Angie J 11:00 Yoga 1 YS Alison 12:30 T'ai Chi GXS 1:30 SS MS-ROM GXS Diane 4:30 Tae Kwon Do GXS 5:30 Yoga YS Angie J 5:30 KB GXS Sheila 6:30 Pp GXS Sheri 6:30 Cycle CS Rachel</p> | <p>26</p> <p>6:00 CC GXS Anne 6:00 Yoga YS Karen 8:30 BLT GXS Liz *8:30 Yoga YS Karen 9:30 SI GXS Cathy *9:30 Cycle CS Jenn D 10:30 SS MS-ROM GXS Elaine 11:45 Tae Kwon Do YS 12:00 BLT GXS Kara 5:30 Cycle CS Jen F 5:30 Zumba GXS Sabrina 6:30 Yoga YS Ramona</p> | <p>27</p> <p>6:00 Cycle CS Ron 6:00 ET GXS Debbie *8:30 Active Adult Fitness GXS Diane *8:30 Cycle CS Gretchen *9:30 Matworks YS Beth 9:30 ET GXS Holly 10:30 Kettle Bell YS Sheri \$ 10:30 SS YogaStretch GXS Angie J 4:30 ET GXS Sheri 5:00 Tae Kwon Do Green & Up YS 5:30 Tae Kwon Do All Levels GXS</p> <p>Ballroom Dance Demo & Introduction FREE!!! 7pm – GXS</p> | <p>28</p> <p>*8:30 C+ GXS Gretchen *9:30 Cycle CS Sheri *10:30 Yoga GXS Debbie 11:45 Tae Kwon Do GXS</p> |
| <p>29</p> | <p>30</p> <p>6:00 Cycle CS Angie S 6:00 ET GXS Jenn D *8:30 Active Adult Fitness GXS Gretchen *8:30 Cycle CS Suzanne 9:30 Power Yoga (90 min) YS Karen 9:30 Pp GXS Sheri ^10:30 Abs GXS Sheri 11:00 Yoga 1 GXS Karen 12:30 T'ai Chi GXS 1:30 SS MS-ROM GXS Elaine 4:30 Pp GXS Sherry I 5:30 Yoga GXS Angie J *6:30 Cycle CS Sheri 6:30 BC GXS Kara 6:30 Yoga 2 YS Karen \$ <i>Fitness at the Fountain Center City Park Downtown Free Zumba class with Beth at 6:30</i></p> | <p>31</p> <p>6:00 ET GXS Debbie 6:00 Yoga YS Angie S 8:30 Rock Bottom GXS Jenn 8:30 Yoga YS Suzanne 9:30 Hip Hop Hustle GXS Marian *9:30 Cycle CS Suzanne 9:30 Matworks YS Cassy 10:30 SS MS-ROM GXS Angie J 12:00 ET GXS Jenn D 4:30 Yoga YS Renee 5:30 Kettle Bell YS Sheri \$ 5:30 Cycle CS Cathy 5:30 BC GXS Kara 6:30 Yoga YS Debbie 6:30 Beginning Latin Dance GXS \$ 7:30 Beginning Ballroom GXS \$</p> | <p>YMCA Mission To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.</p> | <p>Sneak Peak at September: Belly Dance sampler class Thursday, Sept. 2 - 7:00 pm Beginner & Intermediate levels. Free! Come see if you like it & what level you are. Six week sessions of Beginner & Intermediate classes start September 9.</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> |  |