


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>All classes are 45-50 minutes unless otherwise noted:            ^ - 25 minute class            * - 60 minute class  <b>Bold</b> – Fee and/or registration req'd            ☺ - Kids age 6 &amp; up welcome to participate WITH adult</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 style="text-align: center;"><b>1</b></p> <p>6:00 C+ GXS Kristen            6:00 Yoga YS Angie S            8:30 BC GXS Sherry I            *8:30 MW YS Diane            9:30 ET GXS Sheri            *9:30 Cycle CS Cathy            10:30 SS MS-ROM GXS Angie J  <b>11:45 Tae Kwon Do YS</b>            12:00 20/20/20 GXS Sheila            5:30 Cycle CS Sheri            5:30 Zumba GXS Beth ☺            ^6:30 Killer Core GXS Beth            6:30 Yoga YS Angie J</p>	<p style="text-align: center;"><b>2</b></p> <p>6:00 Cycle CS Ron            6:00 Pp GXS Debbie            *8:30 Active Adult Fitness GXS Diane            *8:30 Cycle CS Gretchen            *9:30 Yoga YS Debbie            9:30 C+ GXS Marian            10:30 SS YogaStretch GXS Diane            4:30 Zumba GXS Sabrina  <b>5:00 Tae Kwon Do Green &amp; Up YS</b>  <b>5:30 Tae Kwon Do All Levels GXS</b></p>	<p style="text-align: center;"><b>3</b></p> <p>*8:30 BLT (75 min) GXS Kara            *9:30 Cycle CS Cathy            *10:30 Yoga GXS Debbie  <i>No Tae Kwon Do</i></p>
<p style="text-align: center;"><b>4</b></p> <p style="text-align: center;"><b>Happy 4<sup>th</sup> of July</b></p> <p style="text-align: center;"><b>YMCA closed</b></p> 	<p style="text-align: center;"><b>5</b></p> <p>6:00 Cycle CS Ron            6:00 C+ GXS Angie S            *8:30 Active Adult Fitness GXS Gretchen – Wear Red White and Blue!            *8:30 Cycle CS Jenn D            9:30 Power Yoga (90 min) YS Karen            9:30 CI GXS Cassy            ^10:30 Abs GXS Cassy            11:00 Yoga 1 GXS Alison  <b>12:30 T'ai Chi GXS</b>            1:30 SS MS-ROM GXS Elaine  <b>3:00 Gymnastics GXS</b>            4:30 Pp GXS Sherry I            5:30 Yoga GXS Karen            *6:30 Cycle CS Debbie            6:30 Star Spangled Hip Hop Hustle – wear your bedazzled hip hop attire (or just red white and blue!) GXS Beth  <b>6:30 Yoga 2 YS Karen \$</b></p>	<p style="text-align: center;"><b>6</b></p> <p>6:00 Power + GXS Ron            6:00 Yoga YS Karen            8:30 BC GXS Jenn D            8:30 Yoga YS Suzanne            9:30 KB GXS Kara            *9:30 Cycle CS Liz            9:30 Matworks YS Alison            10:30 SS MS-ROM GXS Beth  <b>11:45 Tae Kwon Do YS</b>            12:00 ET GXS Sheri  <b>3:00 Gymnastics GXS</b>            4:30 Yoga YS Renee            5:30 Cycle CS Jen F            5:30 C+ GXS Marian  <b>5:30 Kettle Bell YS Sheri \$</b>            6:30 Yoga YS Debbie</p>	<p style="text-align: center;"><b>7</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 Sheri            9:30 ET GXS Liz            9:30 Yoga YS Holly            10:30 SS Cardio Circuit GXS Alison            11:00 Yoga 1 YS Beth  <b>12:30 T'ai Chi GXS</b>            1:30 SS MS-ROM GXS Diane  <b>3:00 Gymnastics GXS</b>  <b>4:30 Tae Kwon Do GXS</b>            5:30 Yoga YS Karen            5:30 Turbo Kick GXS Beth            6:30 Rock Bottom GXS Jenn D            6:30 Cycle CS Sheri  <b>7:00 Belly Dance YS</b></p>	<p style="text-align: center;"><b>8</b></p> <p>6:00 C+ GXS Kristen            6:00 Yoga YS Debbie            8:30 ET GXS Cathy            *8:30 Yoga YS Alison            9:30 POTB GXS Diane            *9:30 Cycle CS Karen            10:30 SS MS-ROM GXS Elaine  <b>11:45 Tae Kwon Do YS</b>            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 Ramona</p>	<p style="text-align: center;"><b>9</b></p> <p>6:00 Cycle CS Jenn D            6:00 ET GXS Debbie            *8:30 Active Adult Fitness GXS Diane            *8:30 Cycle CS Debbie            *9:30 Matworks YS Diane            9:30 ET GXS Sheri            10:30 SS YogaStretch GXS Renee            4:30 Pp GXS Sheri  <b>5:00 Tae Kwon Do Green &amp; Up YS</b>  <b>5:30 Tae Kwon Do All Levels GXS</b></p>	<p style="text-align: center;"><b>10</b></p> <p>*8:30 ET (75 min) GXS Liz            *9:30 Cycle CS Sheri            *10:30 Yoga GXS Renee  <b>11:45 Tae Kwon Do GXS</b></p>

**Yoga for Teens thru 20's - New Program Starting July 12 – 11:15 am.** Karen has designed a class to help students learn yoga techniques to help in sports, reduce the stress of school/work/friendships, and promote positive self image. \$4 per class or \$10 for all 3 weeks

**New Indoor Cycles will be delivered on July 7<sup>th</sup>!** Woohoo!!! Watch the bulletin board and Facebook page (Spears YMCA Group Ex and Wellness) for Cycle Fitting times.

Join Beth and Cassy for **Cardio Mix Up** on July 12<sup>th</sup> and 26<sup>th</sup> – 20 minutes each of Zumba, Turbo Kick and Hip Hop Hustle. Ages 12 and up welcome to attend. Following Cardio Mix Up, Cassy will be teaching a 25 minute sample class of **PiYo** – the perfect blend of many disciplines: sports training, core conditioning, dance, stretch, and athletic drills that will help kick up the calorie burn and build muscle!

**Kettle Bell** training starts this month in the Yoga Studio with Sheri – class is limited to six participants. See the group exercise board for information on prices and sign up at the front desk!

Sun 11	Mon 12	Tue 13	Wed 14	Thu 15	Fri 16	Sat 17
<p>Team Erica Yoga Suzanne 4:00 – 5:30 GXS \$5 Members \$10 Nonmembers Pay <u>at</u> the class not the Front Desk</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 Cardio Mix Up GXS Beth &amp; Cassy ^10:30 PiYo GXS Cassy 11:00 Yoga 1 GXS Ramona <b>11:15 Teen to 20's Yoga YS Karen \$</b> <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Diane <i>No Gymnastics</i> 4:30 ET GXS Sherry I 5:30 Yoga GXS Angie J *6:30 Cycle CS Jenn D 6:30 Hip Hop Hustle GXS Marian <b>6:30 Yoga 2 YS Karen \$</b></p>	<p>6:00 Power + GXS Ron 6:00 Yoga YS Angie S 8:30 Cardio Games GXS Cathy 8:30 Yoga YS Cindy 9:30 ET GXS Liz *9:30 Cycle CS Sheri 9:30 Matworks YS Angie J 10:30 SS MS-ROM GXS Elaine <b>11:45 Tae Kwon Do YS</b> 12:00 Pp GXS Sheri <i>No Gymnastics</i> 4:30 Yoga YS Beth 5:30 Cycle CS Jen F 5:30 C+ GXS Sherry I 6:30 Yoga YS Debbie</p>	<p>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 Zumba GXS Sabrina 9:30 Yoga YS Suzanne 10:30 SS Cardio Circuit GXS Angie J 11:00 Yoga 1 YS Beth <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Diane <i>No Gymnastics</i> <b>4:30 Tae Kwon Do GXS</b> 5:30 Yoga YS Renee 5:30 Turbo Kick GXS Beth 6:30 ET GXS Marian 6:30 Cycle CS Debbie <b>7:00 Belly Dance YS</b></p>	<p>6:00 BC GXS Kristen 6:00 Yoga YS Angie S 8:30 CI GXS Diane *8:30 Yoga YS Ramona 9:30 BLT GXS Kara *9:30 Cycle CS Cathy <b>9:30 Kettle Bell YS Sheri \$</b> <b>11:45 Tae Kwon Do YS</b> 12:00 ET 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>6:00 Cycle CS Anne 6:00 ET GXS Debbie *8:30 Active Adult Fitness GXS Beth *8:30 Cycle CS Liz *9:30 Matworks YS Beth 9:30 Step &amp; Sculpt GXS Holly 10:30 SS YogaStretch GXS Angie J 4:30 Pp GXS Sheri <b>5:00 Tae Kwon Do Green &amp; Up YS</b> <b>5:30 Tae Kwon Do All Levels GXS</b></p>	<p>*8:30 ET (75 min) GXS Gretchen *9:30 Cycle CS Debbie *10:30 Yoga GXS Angie J <b>11:45 Tae Kwon Do GXS</b></p>
<p>18 Become a fan of the Facebook Fan Page <b>Spears YMCA Group Ex and Wellness</b> and get updates on class changes, subs, news of programs, etc.</p>	<p>19 6:00 Cycle CS Anne 6:00 ET GXS Kristen *8:30 Active Adult Fitness GXS Gretchen *8:30 Cycle CS Jenn D 9:30 Power Yoga (90 min) YS Karen 9:30 Plyometric Fun GXS Diane ^10:30 Abs GXS Diane 11:00 Yoga 1 GXS Renee <b>11:15 Teen to 20's Yoga YS Karen \$</b> <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Angie J <b>3:00 Gymnastics GXS</b> 4:30 ET GXS Cathy 5:30 Yoga GXS Alison *6:30 Cycle CS Sheri 6:30 Hip Hop Hustle GXS Liza <b>6:30 Yoga 2 YS Karen \$</b></p>	<p>20 6:00 Power + GXS Ron 6:00 Yoga YS Polly 8:30 Zumba GXS Alison 8:30 Yoga YS Suzanne 9:30 All the Toys GXS Kara *9:30 Cycle CS Cathy 9:30 Matworks YS Alison 10:30 SS MS-ROM GXS Angie J <b>11:45 Tae Kwon Do YS</b> 12:00 ET GXS Jenn D <b>3:00 Gymnastics GXS</b> 4:30 Yoga YS Renee <i>No 5:30 Cycle Class</i> 5:30 BLT GXS Kara 6:30 Yoga YS Debbie</p>	<p>21 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 Suzanne 9:30 Hip Hop Hustle GXS Liza 9:30 Yoga YS Angie J 10:30 SS Cardio Circuit GXS Alison 11:00 Yoga 1 YS Beth <b>12:00 Kettle Bell YS Sheri \$</b> <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Angie J <b>3:00 Gymnastics GXS</b> <b>4:30 Tae Kwon Do GXS</b> 5:30 Yoga YS Renee 5:30 Turbo Kick GXS Beth 6:30 ET GXS Sheri 6:30 Cycle CS Karen <b>7:00 Belly Dance YS</b></p>	<p>22 6:00 Pp GXS Kristen 6:00 Yoga YS Karen 8:30 BC GXS Sherry I *8:30 Yoga YS Ramona 9:30 ET GXS Kara *9:30 Cycle CS Sheri 10:30 SS MS-ROM GXS Angie J <b>11:45 Tae Kwon Do YS</b> 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>23 6:00 Cycle CS Ron 6:00 BC GXS Jenn D *8:30 Active Adult Fitness Zumba Lite GXS Alison *8:30 Cycle CS Gretchen *9:30 Matworks YS Alison 9:30 SI GXS Cassy 10:30 SS YogaStretch GXS Angie J 4:30 Pp GXS Debbie <b>5:00 Tae Kwon Do Green &amp; Up YS</b> <b>5:30 Tae Kwon Do All Levels GXS</b></p>	<p>24 *8:30 C+ (75 min) GXS Gretchen *9:30 Cycle CS Sheri *10:30 Yoga GXS Holly <b>11:45 Tae Kwon Do GXS</b></p>
<p>25 </p>	<p>26 6:00 Cycle CS Jenn D 6:00 Pp GXS Kristen *8:30 Active Adult Fitness GXS Gretchen *8:30 Cycle CS Diane 9:30 Power Yoga (90 min) YS Karen 9:30 Cardio Mix Up GXS Beth &amp; Cassy ^10:30 PiYo GXS Cassy 11:00 Yoga 1 GXS Ramona <b>11:15 Teen to 20's Yoga YS Karen \$</b> <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Diane <b>3:00 Gymnastics GXS</b> 4:30 C+ GXS Sherry I 5:30 Yoga GXS Angie J *6:30 Cycle CS Jenn D 6:30 Hip Hop Hustle GXS Beth <b>6:30 Yoga 2 YS Karen \$</b></p>	<p>27 6:00 Power + GXS Ron 6:00 Yoga YS Polly 8:30 20/20/20 GXS Sheila 8:30 Yoga YS Cindy 9:30 BC GXS Kara *9:30 Cycle CS Sheri 9:30 Matworks YS Angie J 10:30 SS MS-ROM GXS Elaine <b>11:45 Tae Kwon Do YS</b> 12:00 ET GXS Jenn D <b>3:00 Gymnastics GXS</b> 4:30 Yoga YS Alison 5:30 Cycle CS Sheri 5:30 C+ GXS Marian 6:30 Yoga YS Debbie</p>	<p>28 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 Sheri 9:30 ET GXS Jen R 9:30 Yoga YS Debbie 10:30 SS Cardio Circuit GXS Angie J 11:00 Yoga 1 YS Beth <b>12:30 T'ai Chi GXS</b> 1:30 SS MS-ROM GXS Diane <b>3:00 Gymnastics GXS</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 Sheri 6:30 Cycle CS Karen <b>7:00 Belly Dance YS</b></p>	<p>29 6:00 C+ GXS Kristen 6:00 Yoga YS Polly 8:30 ET GXS Kara *8:30 Yoga YS Ramona 9:30 POTB GXS Diane *9:30 Cycle CS Debbie 10:30 SS MS-ROM GXS Angie J <b>11:45 Tae Kwon Do YS</b> 12:00 Rock Bottom GXS Jenn D 5:30 Cycle CS Karen 5:30 Zumba GXS Beth ^6:30 Killer Core GXS Beth 6:30 Yoga YS Angie J</p>	<p>30 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 Step &amp; Sculpt GXS Holly 10:30 SS YogaStretch GXS Angie J 4:30 ET GXS Jenn D <b>5:00 Tae Kwon Do Green &amp; Up YS</b> <b>5:30 Tae Kwon Do All Levels GXS</b></p>	<p>31 *8:30 ET (75 min) GXS Gretchen *9:30 Cycle CS Debbie *10:30 Yoga GXS Renee <b>11:45 Tae Kwon Do GXS</b></p>

July 2019 Group Exercise Schedule  
Spears Family YMCA