


















FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February 2012 Group Exercise Schedule Spears Family YMCA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>YMCA Mission To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.</p>	<p>Spears YMCA 3216 Horse Pen Creek Rd. Greensboro, NC 27410 336.387.9622 www.spearsymca.org</p> <p>Schedule changes are announced on the Facebook Page: Spears YMCA Group Ex and Wellness</p>	<p>February is American Heart Month. Leading a healthy lifestyle through diet and exercise are the best weapons you have to fight heart disease.</p>  <p>The Monday evening cycle class time has been changed to start at 6:30pm. The other cycle classes will continue to start at 6pm.</p>	<p>5:05 Cycle CS Ron 6:00 Cycle CS Ron 6:00 C+ GXS Angie S *8:30 AAF GXS Sherry I *8:30 Cycle CS Holly 9:30 Zumba GXS Sheila 9:30 Yoga YS Suzanne 10:30 Beginner Cycle CS Suzanne 10:30 SS Cardio Circuit GXS Jo 11:00 Yoga 1 YS Elaine T 12:30 Tai Chi GXS \$ 1:30 SS MS-ROM GXS Angie J 4:30 Tae Kwon Do GXS \$ 5:30 Yoga YS Debbie 5:30 Turbo Kick GXS Liza 6:00 Cycle CS Crystal 6:30 POTB GXS Diane</p>	<p>^5:05 Boot Camp Gater Gym 5:45 Extreme Core GXS Anne 5:45 Power Yoga YS Jo 8:30 PiYo GXS Cassy *8:30 Yoga YS Jo 9:30 Pp GXS Sherry I *9:30 Cycle CS Sheri 10:30 SS MS-ROM GXS Terri 11:45 Tae Kwon Do YS \$ 12:00 15/15/15 GXS Beth 5:30 Zumba GXS Beth ☺ 6:00 Cycle CS Diane ^7:00 Beginner Cycle CS Diane 6:30 Yoga YS Angie J</p> 	<p>5:00 Cycle CS Angie S 6:00 Cycle CS Angie S 6:00 15/15/15 GXS Liz R *8:30 AAF GXS Beth *8:30 Cycle CS Gretchen *9:30 Matworks YS Beth 9:30 Step&Sculpt GXS Holly 10:30 SS YogaStretch GXS Angie J 4:30 Drums Alive GXS Chrissy 5:00 Tae Kwon Do Beginner to Hi Yellow YS \$ 5:30 Tae Kwon Do Green & Up GXS \$</p>	<p>8:00 Cycle CS Liz R *8:15 C+ GXS Gretchen 9:30 Adv Yoga YS Karen *9:30 Cycle CS Sheri 9:45 Resolution Solution GXS \$ *10:30 Yoga GXS Jo 11:45 Tae Kwon Do GXS \$</p>
<p>5 2:30 Zumba GXS Beth ☺  Free for members, \$5 for non-members</p> <p>4:00 Family Yoga 45 min in GXS Karen ☺ Free for members age 6 and up. Parents must accompany children. </p>	<p>6 ^5:05 Boot Camp Gater Gym \$ 5:00 Cycle CS Bruce 5:30 KB GXS Kristen 6:00 Cycle CS Bruce *8:30 AAF GXS Gretchen *8:30 Cycle CS Karen 9:30 Power Yoga (90 min) YS Karen 9:30 ET GXS Sherry I ^10:30 Abs GXS Sherry I 11:00 Yoga 1 GXS Jo 12:30 Tai Chi GXS \$ 1:30 SS MS-ROM GXS Angie J 4:30 C+ GXS Debbie 5:30 Yoga GXS Angie J *6:30 Cycle NEW TIME CS Nikki 6:30 Cardio Dance GXS Liza 6:30 Adv Yoga YS Karen</p>	<p>7 ^5:05 Boot Camp Gater Gym \$ 5:45 Core GXS Ron 6:00 P+ GXS Ron 6:00 Yoga YS Angie S 8:30 Pp GXS Crystal 8:30 Yoga YS Jo 9:30 HC GXS Cathy *9:30 Cycle CS Sheri 9:30 Matworks YS Beth 10:30 SS MS-ROM GXS Beth 11:45 Tae Kwon Do YS \$ 12:00 BC GXS Kara 4:30 Yoga YS Renee 5:30 Step GXS Liza 6:00 Cycle CS Nikki 6:30 Pilates YS Heather</p>	<p>8 5:05 Cycle CS Ron 6:00 Cycle CS Ron 6:00 ET GXS Liz R *8:30 AAF GXS Sherry I *8:30 Cycle CS Crystal ^9:30 Beginner Cycle CS Crystal 9:30 Zumba GXS Sheila 9:30 Yoga YS Holly 10:30 SS Cardio Circuit GXS Jo 11:00 Yoga 1 YS Elaine T 12:30 Tai Chi GXS \$ 1:30 SS MS-ROM GXS Terri 4:30 Tae Kwon Do GXS \$ 5:30 Yoga YS Angie J 5:30 HC GXS Kara 6:00 Cycle CS Sheri 6:30 Zumba GXS Sabrina ☺</p>	<p>9 ^5:05 Boot Camp Gater Gym \$ 5:45 CSI GXS Anne 5:45 Power Yoga YS Jo 8:30 SI GXS Cassy *8:30 Yoga YS Alison 9:30 20/20/20 GXS Marian *9:30 Cycle CS Nikki 10:30 SS MS-ROM GXS Angie J 11:45 Tae Kwon Do YS \$ 12:00 Step & Sculpt GXS Beth 5:30 Zumba GXS Sheila ☺ 6:00 Cycle CS Diane ^7:00 Beginner Cycle CS Diane 6:30 Yoga YS Jo</p>	<p>10 5:00 Cycle CS Anne 6:00 Cycle CS Anne 6:00 C+ GXS Angie S *8:30 AAF GXS Sherry I *8:30 Cycle CS Gretchen *9:30 Matworks YS Karen 9:30 ET GXS Sheri 10:30 SS YogaStretch GXS Karen 4:30 Yoga GXS Jo 5:00 Tae Kwon Do Beginner to Hi Yellow YS \$ 5:30 Tae Kwon Do Green & Up GXS \$</p>	<p>11 8:00 Cycle CS Liz R *8:15 Pp GXS Gretchen 9:30 Adv Yoga YS Karen *9:30 Who Doesn't Love Love Cycle CS Holly</p>  <p>9:45 Resolution Solution GXS \$ *10:30 Yoga GXS Heather 11:45 Tae Kwon Do GXS \$</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>12</p> <p>2:30 Zumba GXs Sabrina ☺</p>  <p>Free for members, \$5 for non-members</p>	<p>13</p> <p>^5:05 Boot Camp Gater Gym</p> <p>5:05 Cycle CS Anne 5:30 ET GXs Kristen 6:00 Cycle CS Anne *8:30 AAF GXs Gretchen *8:30 Cycle CS Karen 9:30 Power Yoga (90 min) YS Karen 9:30 C+ GXs Debbie ^10:30 Abs GXs Debbie 11:00 Yoga 1 GXs Beth 12:30 T'ai Chi GXs \$ 1:30 SS MS-ROM GXs Beth 4:30 Extreme Core GXs Sherry I 5:30 Yoga GXs Renee *6:30 Cycle CS Jen F 6:30 Zumba GXs Sabrina ☺ 6:30 Adv Yoga YS Karen</p>	<p>14</p> <p>^5:05 Boot Camp Gater Gym \$</p> <p>5:45 Core GXs Ron 6:00 C+ GXs Ron 6:00 Yoga YS Jo 8:30 Zumba Love GXs Beth</p>  <p>8:30 Yoga YS Alison 9:30 HC GXs Cathy *9:30 Cycle CS Sheri 9:30 Matworks YS Alison 10:30 SS MS-ROM GXs Karen 11:45 Tae Kwon Do YS \$ 12:00 ET GXs Sherry I 4:30 Yoga YS Renee 5:30 Pp GXs Sheri 6:00 Cycle CS Nikki 6:30 Yoga YS Heather</p>	<p>15</p> <p>5:05 Cycle CS Ron 6:00 Cycle CS Ron 6:00 C+ GXs Angie S *8:30 AAF GXs Sherry I *8:30 Cycle CS Suzanne 9:30 Zumba GXs Sheila 9:30 Yoga YS Suzanne 10:30 SS Cardio Circuit GXs Jo 11:00 Yoga 1 YS Alison 12:30 T'ai Chi GXs \$ 1:30 SS MS-ROM GXs Terri 4:30 Tae Kwon Do GXs \$ 5:30 Yoga YS Jo 5:30 Turbo Kick GXs Liza 6:00 Cycle CS Kara 6:30 Extreme Core GXs Diane</p>	<p>16</p> <p>^5:05 Boot Camp Gater Gym \$</p> <p>5:45 Extreme Core GXs Anne 5:45 Power Yoga YS Karen 8:30 20/20/20 GXs Sherry I *8:30 Yoga YS Jo 9:30 Pp GXs Sheri *9:30 Cycle CS Nikki 10:30 SS MS-ROM GXs Jo 11:45 Tae Kwon Do YS \$ 12:00 ET GXs Sheri 5:30 Zumba GXs Sheila ☺ 6:00 Cycle CS Rachel 6:30 Yoga YS Debbie</p>	<p>17</p> <p>5:00 Cycle CS Angie S 6:00 Cycle CS Angie S 6:00 15/15/15 GXs Liz R *8:30 AAF GXs Beth *8:30 Cycle CS Gretchen ^9:30 Beginner Cycle CS Gretchen *9:30 Matworks YS Beth 9:30 HC GXs Kara 10:30 SS YogaStretch GXs Terri 4:30 Drums Alive GXs Chrissy 5:00 Tae Kwon Do Beginner to Hi Yellow YS \$ 5:30 Tae Kwon Do Green & Up GXs \$</p>	<p>18</p> <p>8:00 Cycle CS Bruce *8:15 Step & Sculpt GXs Holly 9:30 Adv Yoga YS Karen *9:30 Cycle CS Bruce 9:45 Resolution Solution GXs \$ *10:30 Yoga GXs Renee 11:45 Tae Kwon Do GXs \$</p> <p>9-10am Aqua Zumba with Beth \$3 for members, \$5 for nonmembers</p> 
<p>19</p> <p>2:30 Zumba GXs Beth ☺</p>  <p>Free for members, \$5 for non-members</p> <p>4:00 Family Yoga 45 min in GXs Karen ☺ Free for members ages 6 and up. Parents must accompany children.</p> 	<p>20</p> <p>^5:05 Boot Camp Gater Gym \$</p> <p>5:05 Cycle CS Anne 5:30 Pp GXs Kristen 6:00 Cycle CS Anne *8:30 AAF GXs Gretchen *8:30 Cycle CS Jenn D 9:30 Power Yoga (90 min) YS Karen 9:30 Pp GXs Sheri ^10:30 Abs GXs Sheri 11:00 Yoga 1 GXs Alison 12:30 T'ai Chi GXs \$ 1:30 SS MS-ROM Terri 4:30 ET GXs Sherry I 5:30 Yoga GXs Angie J *6:30 Cycle CS Sheri 6:30 Cardio Dance GXs Liza 6:30 Adv Yoga YS Karen</p>	<p>21</p> <p>^5:05 Boot Camp Gater Gym \$</p> <p>5:45 Core GXs Ron 6:00 P+ GXs Ron 6:00 Yoga YS Angie S 8:30 Zumba GXs Beth 8:30 Yoga YS Jo 9:30 HC GXs Cathy *9:30 Cycle CS Nikki 9:30 Matworks YS Suzanne 10:30 SS MS-ROM GXs Angie J 11:45 Tae Kwon Do YS \$ 12:00 BC GXs Kara 4:30 Yoga YS Renee 5:30 Step GXs Liza 6:00 Cycle CS Nikki 6:30 Yoga YS Heather</p>	<p>22</p> <p>5:05 Cycle CS Ron 6:00 Cycle CS Ron 6:00 CI GXs Anne *8:30 AAF GXs Sherry I *8:30 Cycle CS Suzanne 9:30 Zumba GXs Sheila 9:30 Yoga YS Jo 10:30 SS Cardio Circuit GXs Jo 11:00 Yoga 1 YS Elaine T 12:30 T'ai Chi GXs \$ 1:30 SS MS-ROM GXs Terri 4:30 Tae Kwon Do GXs \$ 5:30 Yoga YS Debbie 5:30 HC GXs Kara 6:00 Cycle CS Diane ^7:00 Beginner Cycle CS Diane 6:30 Zumba GXs Sabrina ☺</p>	<p>23</p> <p>^5:05 Boot Camp Gater Gym</p> <p>5:45 ET GXs Anne 5:45 Power Yoga YS Suzanne 8:30 C+ GXs Sherry I *8:30 Yoga YS Jo 9:30 ET GXs Sheri *9:30 Cycle CS Nikki ^10:30 Beginner Cycle Nikki 10:30 SS MS-ROM GXs Beth 11:45 Tae Kwon Do YS \$ 12:00 Pp GXs Sheri 5:30 Zumba GXs Beth ☺ 6:00 Cycle CS Rachel 6:30 Yoga YS Jo</p>	<p>24</p> <p>5:05 Cycle CS Liz R 6:00 Cycle CS Liz R 6:00 C+ GXs Angie S *8:30 AAF Yoga GXs Karen *8:30 Cycle CS Gretchen *9:30 Matworks YS Karen 9:30 KB GXs Gretchen 10:30 SS YogaStretch GXs Karen 4:30 HC GXs Kara 5:00 Tae Kwon Do Beginner to Hi Yellow YS \$ 5:30 Tae Kwon Do Green & Up GXs \$</p>	<p>25</p> <p>8:00 Cycle CS Bruce 9:30 Adv Yoga YS Karen *9:30 Cycle CS Debbie 9:45 Resolution Solution GXs \$ *10:30 Yoga YS Jo</p> <p>No Classes in GXs Tae Kwon Do testing</p>
<p>26</p> <p>2:30 Zumba GXs Sheila ☺</p>  <p>Free for members, \$5 for non-members</p> <p>4:00 Aqua Zumba Beth \$3.00 for members, \$5.00 Non-members</p> 	<p>27</p> <p>5:05 Cycle CS Ron 5:30 KB GXs Kristen 6:00 Cycle CS Ron *8:30 AAF GXs Gretchen *8:30 Cycle CS Debbie 9:30 Power Yoga (90 min) YS Karen 9:30 C+ GXs Gretchen ^10:30 Abs GXs Gretchen 11:00 Yoga 1 GXs Beth 12:30 T'ai Chi GXs \$ 1:30 SS MS-ROM GXs Jo 4:30 Stretch & Tone GXs Jo 5:30 Yoga GXs Angie J *6:30 Cycle CS Diane 6:30 Zumba GXs Sabrina ☺ 6:30 Adv Yoga YS Karen</p>	<p>28</p> <p>5:45 Core GXs Ron 6:00 P+ GXs Ron 6:00 Yoga YS Jo 8:30 Step GXs Cindy 8:30 Yoga YS Alison 9:30 HC GXs Cathy *9:30 Cycle CS Sheri 9:30 Matworks YS Suzanne 10:30 SS MS-ROM GXs Angie J 11:45 Tae Kwon Do YS \$ 12:00 CI GXs Kara 4:30 Yoga YS Renee 5:30 Family Cardio Games GXs Liza & Randall - school age and up ☺ 6:00 Cycle CS Sheri 6:30 Yoga YS Heather</p>	<p>29</p> <p>5:05 Cycle CS Anne 6:00 Cycle CS Anne 6:00 Extreme Core GXs Angie S *8:30 AAF GXs Sherry I *8:30 Cycle CS Kara 9:30 Zumba GXs Sheila 9:30 Yoga YS Suzanne ^10:30 Beginner Cycle CS Suzanne 10:30 SS Cardio Circuit GXs Terri 11:00 Yoga 1 YS Elaine T 12:30 T'ai Chi GXs \$ 1:30 SS MS-ROM GXs Angie J 4:30 Tae Kwon Do GXs \$ 5:30 Yoga YS Jo 5:30 Turbo Kick GXs Liza 6:00 Cycle CS Crystal 6:30 POTB GXs Diane</p>	<p>Be Our Valentine on February 13th from 7:30am-12:00pm AAF and SS Member Social in the lobby. Bring a dessert to share, coffee and finger foods will be provided.</p>  <p>Beth is taking the party to the pool! Make a splash with Beth at 9am Feb 18th & 4pm on Feb 26th.</p> <p>\$3 for members, \$5 for nonmembers</p> 	<p>Class Locations: CS – Cycle Studio GXs – Group Exercise Studio YS – Yoga Studio Classes are 45-50 minutes unless otherwise noted. ^ = 25-30 min class * = 60 min class Bold = Fee and/or registration req'd ☐ = Kids age 10 & up welcome to participate</p>	 <p>February 2012 Group Exercise Schedule Spears Family YMCA</p>