

**Group Exercise Schedule
Winter 2012**

Schedule begins Monday,
January 2nd and is subject to
change.

Students in 10th grade or
above may participate in
group exercise classes.

Class Intensity Level Key

- 1 Low
- 2
- 3 Moderate
- 4
- 5 High

****All group exercise classes
can be modified to suit the
desired intensity of
participants.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:15a Boot Camp Kali Intensity 3-5	5:15-6:15a Cycling Carl Intensity 1-5	5:15-6:15a Boot Camp (Gym) Heather M Intensity 3-5	5:15-6:15a Cardio Blast Steph Intensity 3-5	5:15-6:15a Boot Camp Kali Intensity 3-5	
	6:20-7:00a Cycling Mark Intensity 2-5	6:20-7:00a FIT Heather G Intensity 3-5	6:20-7:00a Cycling Heather M Intensity 2-4	6:20-7:00a Cardio Blast Heather G Intensity 3-5	6:20-7:00a Cardio Blast Steph Intensity 3-5	
	8:15-9:15a Hip Hop Hustle Kole Intensity 2-4	8:15-9:15a Cycling & Core Rachel Intensity 2-5	8:15-9:15a Cardio Pump Jolene Intensity 2-5	8:15-9:15a Cycling George Intensity 2-5	8:15-9:15a 50/50 Heather G Intensity 3-5	8:15-9:15a Fitness Fun Intensity 2-5
	9:30-10:20a Bosu Blast Rachel Intensity 3-4	9:30-10:25a Zumba Fitness Jolene Intensity 2-4	9:30-10:20a Step & Sculpt Kirsten Intensity 2-4	9:30-10:20a Yoga/Pilates-Alyssa or Warrior Sculpt-Ashley Intensity 1-3	9:30-10:10a Zumba Gold Jolene Intensity 1-3	
	10:30-11:15a Yoga Ashley Intensity 1-3	10:30-11:15a Forever Fit Tammi Intensity 1-2	10:30-11:15a Guts & Butts Kirsten Intensity 2-4	10:30-11:15a Forever Fit Tammi Intensity 1-2	10:30-11:15a Body & Spirit Yoga Lisa Intensity 1-3	10:15-11:15a Family Fitness Intensity 1-2
	12:15-12:55p Boot Camp Rachel Intensity 3-5	12:15-12:55p Step & Core Kali Intensity 2-4	12:15-12:55p Group Power Kali Intensity 2-5	12:15-12:55p Cycling Carl Intensity 1-5	12:15-12:55p FIT Rachel Intensity 3-5	
	3:45-4:25 Zumba Fitness Jolene Intensity 2-4		3:45-4:15 Group Power Raina Intensity 2-4		3:45-4:15 Group Power Kristi Intensity 2-4	
	4:30-5:25p Cardio Pump Lisa P Intensity 3-5	4:30-5:25p Zumba Fitness Jen Intensity 2-4	4:30-5:15p Group Power Katrina Intensity 3-5	4:30-5:25p Cycling Hannah Intensity 2-5	4:30-5:25p Zumba Fitness Jen Intensity 2-4	
	5:30-6:30p Step & Sculpt Heather G Intensity 3-5	5:30-6:30p 50/50 Tamara Intensity 3-5	5:30-6:30p Bosu Blast Tamara Intensity 3-5	5:30-6:30p Yoga Steph Intensity 2-4		
	6:40-7:30p Yoga/Pilates Fusion Steph Intensity 2-4	6:40-7:30p Cycling Steph Intensity 2-5	6:40-7:40p PiYo - Hannah (April 4 - May 2) Turbo Kick - Katrina (May 9 - 30) Intensity 2-4	6:40p-7:30p Zumba Fitness Nelly Intensity 2-4		
Water Fitness Schedule						
	8:15-9:00a Shallow Water Power Gary Intensity 1-5	8:15-9:00a Water X Susan Intensity 1-3	8:15-9:00a Shallow Water Power Kara Intensity 1-5	8:15-9:00a Water X Susan Intensity 1-3	8:15-9:00a Shallow Water Power Kara Intensity 1-5	
	9:05-9:50a Deep Water Power Kara Intensity 2-5	9:05-9:50a Rusty Hinges Gary Intensity 1-2	9:05-9:50a Deep Water Power Kara Intensity 2-5	9:05-9:50a Aqua Zumba Jolene Intensity 2-4	9:05-9:50a Deep Water Power Kara Intensity 2-5	
	4:45-5:25p Aqua Zumba Jolene Intensity 2-4					
	5:30-6:15p Shallow Water Power Hannah Intensity 1-5		5:30-6:15p Deep Water Power Alice Intensity 2-5			
						04/04/12

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