

# YGROUP EXERCISE™

## NEWPORT NEWS FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CYCLING</b> 6:00am-6:45am BOB		<b>CYCLING</b> 6:00am-6:45am BOB		<b>CYCLING</b> 6:00am-6:45am BOB	
<b>SILVER SNEAKERS 1</b> 8:15am-9:00am FAYE		<b>SILVER SNEAKERS 1</b> 8:15am-9:00am FAYE		<b>SILVER SNEAKERS II</b> 8:15am-9:15am FAYE	<b>CYCLING</b> 8:00am-9:00am ROBIN
<b>STEP &amp; SCULPT</b> 9:15am-10:30am CAROL	<b>CYCLING</b> 9:05am-9:55am JILL	<b>INTERVAL</b> 9:15am-10:30am DONNA	<b>CYCLING</b> 9:05am-9:55am LORI	<b>INTERVAL</b> 9:15am-10:30am DONNA	<b>*STEP</b> 9:00am-10:00am CELESTE
<b>PILATES</b> 10:30am-11:30am CINDY	<b>POWER CUT</b> 10:00am-11:00am DONNA	<b>PILATES</b> 10:30am-11:30am CINDY	<b>POWER CUT</b> 10:00am-11:00am JEANNIE		<b>POWER CUT</b> 10:00am-11:00am ROBIN
	<b>CYCLING</b> 12:15pm-1:00pm ROBIN		<b>CYCLING</b> 12:15pm-1:00pm DONNA		
<b>INTERVAL/STEP</b> 4:30pm-5:30pm TRACI	<b>*BEGINNER HI/LO</b> 4:30pm-5:30pm MARVIN	<b>ABS/CARDIO BLAST</b> 5:00pm-6:00pm ANGIE	<b>*BEGINNER STEP</b> 4:30pm-5:30pm MARVIN	<b>ABS/CARDIO BLAST</b> ANGIE 5:00-6:00	
<b>CYCLING</b> 5:30pm-6:15pm JENNIFER	<b>STEP</b> 5:30pm-6:30pm CAROL	<b>CYCLING</b> 6:00pm-6:45pm ANGIE	<b>STEP</b> 5:30pm-6:30pm CAROL		
<b>POWER CUT</b> 6:30pm-7:30pm ANGIE	<b>YOGA FIT</b> 6:30pm-7:30pm CRAIG	<b>BOOT CAMP</b> 7:00pm-8:00pm CHARLIE	<b>POWER CUT</b> 6:30pm-7:30pm CHRIS		
<b>ZUMBA</b> 7:30pm-8:30pm JESSICA			<b>YOGA FIT JENNIFER</b> 6:30pm-7:30pm (pre-school)		

\*Family Friendly (Children 10 years and older may attend if accompanied by an adult)

A branch of Peninsula Metropolitan YMCA

2/13/2008