



GROUP EXERCISE SCHEDULE

BLAISDELL YMCA - 612-827-5401

November 2, 2009 - January 3, 2010

Facility Hours

Monday - Friday 5:30am- 10:00pm

Saturday/Sunday 7:00am-8:00pm

www.ymcatwincities.org

Studio A - Upstairs Studio C&D - Downstairs

Kids Stuff Hours

Mon and Wed - 8:00am-1:30pm and 3:45pm-8:30pm

Tues, Thurs, Fri - 8:00am-1:30pm and 4:30pm-8:30pm

Saturday 8:00am-1:30pm

Sunday 10:00am-3:30pm

Monday

Time	Class	Location	Instructor
6:00 - 6:45 am	Group Cycle	D	Martha
8:15 - 8:45 am	Core Conditioning	A	Marianna
8:15 - 9:00 am	SilverSneakers® SilverSplash	Pool	Maria
9:00 - 10:00 am	Step	C	Marianna
9:10 - 10:10 am	BodyPump™	A	Ann
10:15 - 11:15 am	Fitness Yoga	C	Lisa
10:15 - 11:10 am	AOA Aerobics	A	Marianna
11:15 - Noon pm	SilverSneakers® - Muscular	A	Pam/Yvette
11:45 - 12:30 pm	Water X	Pool	Taimi
12:05 - 1:05 pm	BODYFLOW™	A	Pam
4:00 - 4:55 pm	BodyPump™	A	Nina
5:00 - 6:00 pm	Step	A	Yolonda
5:00 - 6:00 pm	BODYFLOW™	D	Pam
5:30 - 6:30 pm	Fitness Yoga	C	Lisa
5:30 - 6:15 pm	Water X Power	Pool	Meg
6:10 - 7:10 pm	BodyPump™	A	Bonnie/Mike
7:00 - 8:00 pm	Mat Pilates	C	Yvette
7:15 - 8:15 pm	Turbo Kick®	A	Stacie

Tuesday

Time	Class	Location	Instructor
6:00 - 6:45 am	Group Cycle	D	Jennifer
8:15 - 9:00 am	Water X Power	Pool	Lindsay
9:30 - 10:30 am	Boot Camp	A	Amy
9:30 - 10:30 am	Fitness Yoga	C	Marcy
11:00 - Noon pm	Drums Alive®	A	Pam
11:15 - Noon pm	Turbo Kick®	C	Nina
12:05 - 12:35 pm	Core Conditioning	C	Nina
12:10 - 1:10 pm	BodyPump™	A	Sarah
4:30 - 5:15 pm	Kids Fitness	C	Santiago
5:20 - 6:20 pm	BodyPump™	A	Jane
5:30 - 6:30 pm	Fitness Yoga	C	Michelle
6:25 - 7:20 pm	Kickboxing	A	Nina
7:00 - 7:45 pm	Group Cycle	D	Eric
7:25 - 8:25 pm	Zumba™	A	Pam
7:45 - 8:15 pm	Core Conditioning	D	Eric

Wednesday

Time	Class	Location	Instructor
6:00 - 7:00 am	BODYFLOW™	A	Pam
6:00 - 7:00 am	Group Cycle	D	Ann
7:30 - 8:00 am	Core Conditioning	A	Marianna
8:15 - 8:45 am	Core Conditioning	A	Marianna
9:00 - 10:00 am	Step	C	Marianna
8:15 - 9:00 am	SilverSneakers® SilverSplash	Pool	Maria
9:10 - 10:10 am	BodyPump™	A	Ann
10:15 - 11:10 am	AOA Aerobics	A	Marianna
11:15 - Noon pm	SilverSneakers® - Muscular	A	Pam/Yvette
11:45 - 12:30 pm	Water X	Pool	Taimi
12:05 - 1:05 pm	BODYFLOW™	A	Pam
4:00 - 4:55 pm	BodyPump™	A	Nina
5:00 - 6:00 pm	Family Drums Alive®	A	Pam
5:30 - 6:15 pm	Water X Power	Pool	Meg
5:30 - 6:30 pm	Fitness Yoga	C	Lisa
6:10 - 7:10 pm	BodyPump™	A	Alyssa
7:00 - 8:00 pm	Mat Pilates	C	Mary K

Thursday

Time	Class	Location	Instructor
6:00 - 6:45 am	Group Cycle	D	Jennifer
9:15 - 10:00 am	Water X Power	Pool	Heather
9:30 - 10:30 am	Boot Camp	A	Amy
11:15 - Noon pm	Group Cycle	D	Lisa H.
12:05 - 12:35 pm	Core Conditioning	D	Lisa H.
12:10 - 1:10 pm	BodyPump™	A	Nina
4:30 - 5:15 pm	Kids Fitness	C	Santiago
5:20 - 6:20 pm	BodyPump™	A	Alyssa
5:30 - 6:30 pm	Zumba™	C	Deb M
6:25 - 7:25 pm	BODYFLOW™	A	Pam
7:00 - 7:45 pm	Group Cycle	D	Eric/Martha
7:30 - 8:30 pm	BodyVive™	A	Pam
7:45 - 8:15 pm	Core Conditioning	D	Eric/Martha

Friday

Time	Class	Location	Instructor
6:00 - 7:00 am	BodyPump™	A	Ann
7:15 - 8:00 am	Water X Power	A	Andrew
8:15 - 8:45 am	Core Conditioning	A	Marianna
9:00 - 10:30 am	Step	C	Marianna
9:10 - 10:10 am	BodyPump™	A	Sarah
10:15 - 11:10 am	AOA Aerobics	A	Mary K
10:30 - 11:30 am	Fitness Yoga	C	Marcy
11:15 - Noon pm	SilverSneakers® YogaStretch	A	Mary K
11:45 - 12:30 pm	Water X	Pool	Ann
12:05 - 1:05 pm	BODYFLOW™	A	Lois
5:00 - 6:00 pm	Step	A	Yolonda
5:30 - 6:30 pm	Fitness Yoga	C	Lisa
5:30 - 6:15 pm	Water X	Pool	Maria
6:10 - 7:10 pm	Mat Pilates	D	Yvette
6:10 - 7:10 pm	BodyPump™	A	Deb
7:15 - 8:15 pm	Turbo Kick®	A	Steve

Saturday

Time	Class	Location	Instructor
8:00 - 8:45 am	Group Cycle	D	Karen
8:15 - 9:00 am	Water X Power	Pool	Heather
9:00 - 10:00 am	BodyPump™	A	Jane/Deb/Jan
9:30 - 10:30 am	Tai Chi Practice	C	Ting
10:15 - 11:00 am	Fitness Yoga	A	Pat
10:45 - 11:45 am	Tai Chi Instruction	C	Ting
11:15 - 12:15 pm	Turbokick	A	Stacie
12:30 - 1:30 pm	Kids Fitness	C	Santiago

Sunday

Time	Class	Location	Instructor
10:30 - 11:30 am	Water X Power	Pool	Andrew
10:45 - 11:45 am	BodyPump™	A	Deb
Noon - 1:00 pm	Step	A	Yolonda
1:10 - 2:10 pm	BODYFLOW™	A	Pam
2:30 - 3:30 pm	Drums Alive®	A	Pam
2:30 - 3:30 pm	Fitness Yoga	D	Michelle
2:30 - 3:30 pm	Kids Fitness Yoga	C	Marcy
6:30 - 7:30 pm	Fitness Yoga	A	Michelle