



GROUP EXERCISE SCHEDULE

Downtown Minneapolis YMCA
November 2nd, 2009 - December 31st, 2009

Facility Hours

Monday - Friday 5:30am- 9:30pm
Saturday 7:00am-7:00pm
Sunday 8:00am-7:00pm

Bold = New Classes

5B=Cycle Studio 6A=6th Floor Studio
6A=6th Floor Studio P=Pool

Must be at least 15 to attend BODYPUMP®

Monday

time	class	location	instructor
6:15 - 7:15	am BODYFLOW™	5A	Billy
6:30 - 7:30	am BodyPump™	4A	Rebecca
6:30 - 7:30	am Boot Camp	6A	Natalie
6:30 - 7:30	am Group Cycle	5B	Tammy
11:15 - 11:45	am Mat Pilates	5A	Patrick
11:45 - 12:30	pm Step	4A	Dawn
11:45 - 12:35	pm Shallow Water X	P	Angie
11:45 - 12:45	pm Fitness Yoga	6A	Patrick
11:50 - 12:50	pm Group Cycle	5B	Tammy
12:35 - 1:35	pm BodyPump™	4A	Susan/Julie
12:35 - 1:35	pm BODYFLOW™	5A	Amy
5:10 - 6:10	pm Fitness Yoga	5A	Patrick
5:15 - 6:15	pm BodyPump™	4A	Bridget/Mercede
5:30 - 6:15	pm Mat Pilates	6A	Keely
5:30 - 6:30	pm Group Cycle	5B	Jeremy
6:15 - 7:15	pm BodyStep™	4A	Jenn

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Tuesday

time	class	location	instructor
5:45 - 6:45	am Fitness Yoga	6A	Cheryl
6:30 - 7:30	am Water X Power	P	Angie
6:30 - 7:30	am Group Cycle	5B	Christina
6:30 - 7:30	am BODYFLOW™	5A	Mercede
6:30 - 7:30	am Boot Camp	4A	Rebecca
10:00 - 10:45	am AOA Cardio	4A	Gail
11:15 - 11:45	am Mat Pilates	5A	Cheryl G
11:45 - 12:30	pm Turbo Kick®	4A	Courtney
11:50 - 12:35	pm Group Cycle	5B	Jean
12:30 - 1:30	pm BodyStep™	5A	Julie
12:35 - 1:35	pm BodyPump™	4A	Bob/Amy
5:00 - 5:30	pm Mat Pilates	6A	Amanda
5:30 - 6:30	pm Cardio	4A	Mike
5:30 - 6:30	pm Fitness Yoga	5A	Nicole
5:30 - 6:30	pm Group Cycle	5B	Michael

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Wednesday

time	class	location	instructor
5:45 - 7:00	am Fitness Yoga	6A	Cheryl
6:30 - 7:30	am Group Cycle	5B	Natalie
6:30 - 7:30	am BodyPump™	4A	Jim
6:30 - 7:30	am Step	5A	Christina
11:15 - 11:45	am Mat Pilates	5A	Amanda
11:45 - 12:30	pm Boot Camp	5A	Courtney
11:45 - 12:30	pm Fitness Yoga	6A	Myra
11:45 - 12:30	pm Step	4A	Dawn
11:45 # 12:35	pm Shallow Water X	P	Angie
11:50 - 12:35	pm Group Cycle	5B	Tammy
12:35 - 1:35	pm BodyPump™	4A	Julie
12:35 - 1:35	pm BODYFLOW™	5A	Amy
5:10 - 6:10	pm BODYFLOW™	6A	Mercede
5:30 - 6:30	pm Group Cycle	5B	Jeremy
5:30 - 6:30	pm Turbo Kick®	4A	Stacie
6:30 - 7:30	pm Mat Pilates	5A	Jim L
6:15 - 7:00	pm BOSU Strength	6A	Cheryl
7:00 - 7:45	pm Fitness Yoga	6A	Cheryl

Thursday

time	class	location	instructor
6:30 - 7:30	am BodyStep™	4A	Jenn
6:30 - 7:30	am Water X Power	P	Angie
6:30 - 7:30	am BODYFLOW™	5A	Mercede
6:30 - 7:15	am Group Cycle	5B	Rebecca
10:00 - 10:45	am AOA Strength	4A	Courtney
11:15 - 11:45	am Mat Pilates	5A	Patrick
11:45 - 12:30	pm Turbo Kick®	6A	Courtney
11:45 - 12:45	pm BodyPump™	4A	Susan
11:50 - 12:35	pm Group Cycle	5B	Jean
12:30 - 1:30	pm Fitness Yoga	5A	Patrick
5:00 - 5:30	pm Core Conditioning	6A	Amanda
5:30 - 6:30	pm BodyPump™	4A	Bob/Mercede
5:30 - 6:15	pm Group Cycle	5B	Jim
5:30 - 6:30	pm BodyStep™	5A	Mike
6:35 - 7:35	pm BodyFLOW™	5A	Billy

Friday

time	class	location	instructor
6:15 - 6:45	am Group Cycle	5B	Ginnie
6:30 - 7:30	am BodyPump™	4A	Mercede
6:50 - 7:30	am Fitness Yoga	5A	Ginnie
11:15 - 11:45	am Mat Pilates	5A	Cheryl G
11:45 - 12:45	pm Fitness Yoga	6A	Myra
11:45 - 12:30	pm Step	4A	Dawn
11:45 - 12:35	pm Shallow Water X	P	Angie
11:50 - 12:35	pm Group Cycle	5B	Nan
12:35 - 1:35	pm BodyPump™	4A	Roger/Rebecca
5:30 - 6:30	pm Group Cycle	5B	Jamie
5:45 - 6:45	pm Fitness Yoga	6A	Cheryl/Myra

Saturday

time	class	location	instructor
8:15 - 9:00	am Mat Pilates	5A	Jim L
8:30 - 9:30	am BodyPump™	4A	Mercede
9:00 - 10:30	am Fitness Yoga	6A	Cheryl
9:40 - 10:40	am Boot Camp	4A	Tim
10:00 - 11:00	am Group Cycle	5B	Michael

Sunday

time	class	location	instructor
10:00 - 11:00	am Fitness Yoga	6A	Myra
1:00 - 2:00	am Step	5A	Christina
1:00 - 2:00	pm Group Cycle	5B	Jamie