



**Middletown Family YMCA
Group Exercise Schedule
Summer I 2016
June 6- July 16**

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TC =Teen Center GE= Group Exercise Room GYM = Gymnasium POOL= Lap Pool

<u>Monday</u>				<u>Thursday</u>			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
5:30am-6:30am	Cycling	GE	Vickie	7:45am-8:45am	Stability Ball	GE	Natalie
8:00am-9:00am	Pilates	GE	Natalie	9:00am-9:45am	H-2-Cardio	POOL	Kenzie
9:00am-9:45am	Basic Step	GE	Bill	9:30am-10:30am	Yoga	GE	Katie
9:45am-10:30am	Small weights(TBC)	GE	Bill	9:45am-10:15am	H2O Deep	POOL	Kenzie
10:15am-11:00am	Cardio Splash	POOL	Marilyn	5:30pm-6:30pm	Yoga	GE	Claude
5:15pm-6:15pm	Bootcamp	GYM	Courtney	6:30pm-7:30pm	Group Fight ®	GE	Kenzie
5:30pm-6:30pm	Step 'n Sculpt	GE	Bill	<u>Friday</u>			
6:00pm-7:00pm	Yoga	TC	Claude	Time	Class	Location	Instructor
7:00-8:00pm	Group Power®	GE	Rotating	9:00am-9:45am	Basic Step	GE	TBA
<u>Tuesday</u>				9:45am-10:30am	Small weights(TBC)	GE	TBA
Time	Class	Location	Instructor	5:30pm-6:30pm	Step n Sculpt	GE	Bill
7:45am-8:45am	Stability Ball	GE	Natalie	6:00pm-7:00pm	PHIT	GYM	Cody
9:00am-9:45am	H-2-Cardio	POOL	Kenzie				
6:00pm-7:00pm	PHIT	GYM	Michael				
6:00pm-7:00pm	Pilates	GE	Sharon				
<u>Wednesday</u>							
Time	Class	Location	Instructor				
5:30am-6:30am	Cycling	GE	Vickie				
8:45am-9:45am	Yoga	TC	Katie				
9:00am-9:45am	Zumba/Cardio Dance	GE	Melody				
9:45am-10:30am	Small weights(TBC)	GE	Bill				
10:15am-11:00am	H-2-Cardio	POOL	Marilyn				
5:30pm-6:30pm	Step 'n Sculpt	GE	Bill				

Monday - Thursday: 5:30am-9:00pm

Friday: 5:30am - 7:00pm

Saturday: 8:00am - 4:00pm

Classes are subject to change

To register please circle classes and return to Welcome Center.

Name:	
Phone Number:	
Email Address:	