




Waynesboro Family YMCA Group Fitness Schedule...April 2008

MON	TUES	WED	THUR	FRI	SAT
6:00- 7:00 am Combat Training Weight Room YMCA Jeff	6:00- 7:00 am Combat Training Weight Room YMCA Jeff	6:00- 7:00 am Combat Training Weight Room YMCA Jeff	6:00- 7:00 am Combat Training Weight Room YMCA Jeff		
9:00-9:55 am Cycling Jeanne 7,14,21,28	9:00- 9:55 am Rep Reebok Muscle Pump Cindy 8,22Trish 29 Sharon 1,15	9:00-10:00 am Step with abs Jeanne 2,16,23 Sharon 9Trish 30	9:00-9:45 am Body Sculpt Cindy 3,17 Trish 10,24	9:00-9:55 am Cardio Crazy with abs Trish 4,25 Amanda 11 Sharon 18	8:30-9:15 am Cardio Crazy Cycling Trish 12LauraLee 19 Cindy 5, Andrea 26
10:00-11:30 am Yoga* YMCA Tilak	10:00- 10:45 Cardio Express Kickboxing Trish 29Sharon 1,15 Cindy 8, 22	10:00- 11:30 am Yoga* YMCA Tilak	9:45- 10:30 am Endurance Ride Cindy 3, 17 Trish 10,24		9:15-10:00 am Body Sculpt Cindy 5Trish 12 LauraLee 19, Andrea 26
11:30- 12:00 pm Guts & Butts YMCA Dawn	11:00 AM YogaStretch* YMCA Mary Beth	11:30- 12:00 Guts & Butts YMCA Dawn	11:00 AM YogaStretch* YMCA Mary Beth		
					
	12:00- 1:00 pm Silver Sneakers YMCA Mary Beth		12:00- 1:00 Silver Sneakers* YMCA Mary Beth		
5:15-6:00 pm Body Sculpt w/ abs Andrea 7,14,21,28		5:15- 6:00 pm Pilates LauraLee 2,9,16,23,30			
6:00- 6:55 pm Cardio Crazy Andrea 7,14,21,28	6:00-6:45 pm Cycling 6:45-7:00 pm Awesome Abs Andrea 1,8,15,22 Jeanne 29	6:00- 6:45 pm Body Sculpt LauraLee2,9,16,23,30	6:00-7:00 pm Kickboxing Laura Lee 3,10,17,24		

Group Fitness Classes are offered by the Lifetime Center at AMC. All instructors are certified in group fitness exercise through a nationally recognized certification organization. We will offer safe, effective group fitness training. If you have any questions concerning the group fitness department, please contact Jeff Hersh. Classes that are not offered through the Lifetime Center at AMC will be denoted by a YMCA underneath the class title.