

# Waynesboro Family YMCA

## Group Fitness Schedule...March 2010

MON	TUES	WED	THUR	FRI	SAT
6:00- 6:50 AM <b>Combat Training</b> YMCA Jeff	6:00- 6:50 AM <b>Combat Training</b> YMCA Jeff	6:00- 6:50 AM <b>Combat Training</b> YMCA Jeff	6:00- 6:50 AM <b>Combat Training</b> YMCA Jeff		
9:00-9:55 AM <b>Cycling</b> Jeanne Sharon 29	9:00- 9:55 AM <b>Rep Reebok</b> Trish 2,9,16,23 Muscle Pump!Sharon 30	9:00- 9:55 AM <b>Step/Cycling Interval</b> Trish 3,10,17 Sharon 31 Jeanne 24	9:00-9:45 AM <b>Body Sculpt</b> Jeanne	9:00-9:55 AM <b>Step 2 It!</b> Trish	9:00- 9:55 AM <b>Zumba</b> Trish 13,20,27 <b>Cycling</b> Jeanne 6
10:00-11:30 AM <b>Yoga*</b> YMCA	10:00-10:45 AM <b>Zumba</b> Trish	10:00- 11:30 AM <b>Yoga*</b> YMCA	9:45 - 10:30 AM <b>Cycling</b> Jeanne		10:00-11:00 AM <b>SMAC Athletes*</b> YMCA Rob Rule
	Body Combat! Sharon 30				
	11:00 AM <b>Silver Sneakers Yoga Stretch*</b> YMCA Mary Beth	11:45-12:45 <b>Intro to Yoga*</b> YMCA Carrie	11:00 AM <b>Silver Sneakers Yoga Stretch*</b> YMCA Mary Beth	11:30 - 12:30 AM <b>Qigong*</b> YMCA Tony Cooper	
	12:00 PM <b>Silver Sneakers Muscular Strength Range of Movement*</b> YMCA Mary Beth		12:00 PM <b>Silver Sneakers Muscular Strength Range of Movement*</b> YMCA Mary Beth		
					
	5:15-6:00 PM <b>Body Sculpt</b> LauraLee Jeanne 2	5:15-6:00 PM <b>Pilates</b> LauraLee Cynthia 3			
6:00- 6:55 PM <b>Zumba w/ abs</b> Trish Cynthia 29	6:00-6:55 PM <b>Cycling</b> LauraLee Jeanne 2	6:00- 6:55 PM <b>Body Sculpt</b> LauraLee Cynthia 3	6:00-6:55 PM <b>Kickboxing</b> LauraLee Doris 4		

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 Maary Beth Robb. Classes that are not offered through the Lifetime Center at AMC will be denoted by a YMCA underneath the class title.

\*SMAC Athletes is a conditioning program for the SMAC Swim Team that is open to our membership