






Waynesboro Family YMCA Group Fitness Schedule September 2010

MON	TUES	WED	THUR	FRI	SAT
6:00- 6:50 AM Combat Training YMCA Jeff No Class 6	6:00- 6:50 AM Combat Training YMCA Jeff No Class 7	6:00- 6:50 AM Combat Training YMCA Jeff	6:00- 6:50 AM Combat Training YMCA Jeff		
9:00-9:55 AM Cycling Jeanne No Class 6	9:00- 9:55 AM Rep Reebok Trish	9:00- 9:55 am Interval Training Jeanne 1,8,22 Trish 15,29	9:00-9:45 AM Body Sculpt Jeanne Trish 30	9:00 - 10:00 Gentle Yoga YMCA Gillian 3,10,24 Carrie 17	9:00-9:55 AM Zumba Trish No Class 4
10:00-11:30 AM Yoga Carrie No Class 6	10:00- 10:45 AM Zumba YMCA	10:00- 11:30 AM Yoga Carrie	9:45 - 10:30 AM Cycling YMCA Trish 30		
		11:00 AM SilverSneakers YogaStretch YMCA Mary Beth 7,14,28 Class Led 21	11:00 AM SilverSneakers YogaStretch YMCA Mary Beth 2,9,23,30 Class Led 16	11:45 - 12:30 AM Qigong YMCA Tony Cooper	
		12:00 PM SilverSneakers Muscular Strength Range of Movement YMCA Mary Beth 7,14,28 Wink 21	12:00 PM SilverSneakers Muscular Strength Range of Movement YMCA Mary Beth 2,9,23,30 Wink 16		
					
		5:15-6:00 PM Body Sculpt Lauralee Doris 28	5:15-6:00 PM Pilates Lauralee 5:30- 6:00 PM Guts n Butts Doris 15,22		
6:00- 6:55 pm Zumba w/abs Trish No Class 6	6:00-6:55 PM Cycling Lauralee Doris 28	6:00- 6:55 PM Body Sculpt Lauralee Doris 15,22	6:00-6:55 pm Kickboxing Lauralee		

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