



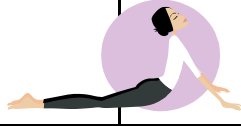
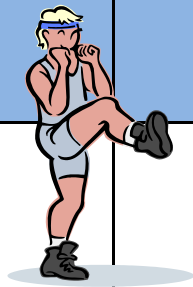


Waynesboro Family YMCA Group Fitness Schedule January 2012

MON	TUES	WED	THUR	FRI	SAT
6:00- 6:50 AM Combat Training YMCA Jeff NO CLASS 2	6:00- 6:50 AM Combat Training YMCA Jeff	6:00- 6:50 AM Combat Training YMCA Jeff	6:00- 6:50 AM Combat Training YMCA Jeff NO CLASS 26		
	8:00 - 8:45 AM Tai Chi for Beginners YMCA Linda				
9:00-10:30 AM YOGA Multi-Level YMCA Emily	9:00- 10:00 AM Rep Reebok Trish	9:00- 10:00 am Zumba Trish 4, 18 Beckie 11, 25	9:00-10:00 AM Body Sculpt Trish Sharon 12	9:00 - 10:00 Gentle Yoga YMCA Emily	9:00-9:55 AM Zumba Trish 7 Maria 21 Lydia 28 Cycling LauraLee 14
		10:00-11:30 AM YOGA Multi-Level YMCA Emily	10:00 am- 10:45 am Cycling Trish Sharon 12	10:15 - 10:45 AM SPARK Fitness Ymca Child Care Only	
	11:00 AM SilverSneakers YogaStretch YMCA Mary Beth		11:00 AM SilverSneakers YogaStretch YMCA Mary Beth		
	12:00 PM SilverSneakers Muscular Strength Range of Movement YMCA Mary Beth		12:00 PM SilverSneakers Muscular Strength Range of Movement YMCA Mary Beth		
			3:30 - 4:20 Dryland Training w/WHS Athletes Karen		
	5:15-6:00 PM Body Sculpt LauraLee 3,17,31 Allison 10,24	5:15-6:00 PM Pilates Laura Lee			
6:00 - 6:55 pm Zumba w/abs Beckie 2 Trish 9, 16, 23, 30	6:00-6:55 PM Cycling LauraLee 3, 17, 31 Allison 10, 24	6:00- 6:55 PM Body Sculpt Laura Lee	6:00-6:55 pm Cycling Laura Lee 5, 19 Kickboxing Laura Lee 12, 26		
Group Fitness Classes are offered by the Augusta Health Lifetime. 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 Augusta Health Lifetime will be denoted by a YMCA underneath the class title.					