



Michiana Family YMCA Group Fitness - May 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*NEW! SPINNING ENDURANCE TRAINING! Thursdays 8:30am with Julie Class builds 5 minutes each week, last class is May 24th! Regular spin fees apply.</p> <hr/> <p>Cross Training-MP 1:15-2:15pm (Blaise)</p> <p>*Spinning -SP 2:30-3:30pm (Stephanie D.)</p> <p>Power Yoga -AR 3:30-4:30pm (Mer)</p> <hr/> <p>*EXTRA FEES:</p> <p>FULL MEMBERS:</p> <p>*Spinning 10 Classes = \$15 Drop-in = \$2</p> <hr/> <p>COMMUNITY MEMBERS/LPM:</p> <p>*Any Group Fitness Class 10 Classes = \$45 Drop-in = \$6</p>	<p>Cross Training -MP 5:50-6:40am (Blaise)</p> <p>Step 'n Tone -AR 8:30-9:30am (Cara)</p> <p>Silver Sneakers-RR 8:30-9:15am (Mer) 9:30-10:15am (Mer)</p> <p>*Spinning -SP 8:30-9:30am (Yonika)</p> <p>Zumba -AR 10:30-11:30am (Nicci D.)</p> <p>Just Movin' - AR 12:15-12:45pm (Frank)</p> <p>Body Sculpting -MP 4:45-5:30pm (Stephanie D./Lori)</p> <p>*Spinning -SP 5:45-6:30pm (Krista T.)</p> <p>Pilates -RR 5:45-6:45pm (Megyn)</p> <p>Kickbox & Pilates -AR 5:50 - 7:20pm (Lori)</p> <p>Yoga -RR 7:00-8:00pm (Lee)</p> <p>Boot Camp -MP 7:25-8:30pm (Chris)</p> <p>Zumba -GYM 7:30-8:30pm (Staff)</p>	<p>*Spinning -SP 5:50-6:40am (Chris)</p> <p>*Spinning -SP 8:30-9:30am (Lori)</p> <p>Tai Chi -RR 9:30-10:30am (Mary)</p> <p>Zumba -AR 10:00-11:00am (Karin)</p> <p>Piloxing -AR 4:45-5:45pm (Linnzi)</p> <p>Zumba -AR 6:00-7:00pm (Michelle)</p> <p>*Spinning-SP 6:00-7:00pm (Linnzi)</p> <p>Pilates -AR 7:10 - 8:10pm (Cara)</p> <p>*Spinning -SP 7:15-8:15pm (Chris)</p>	<p>Cross Training -MP 5:50-6:40am (Blaise)</p> <p>Cardio Tone -AR 8:30-9:30am (Lori)</p> <p>Silver Sneakers-RR 8:30-9:15am (Nicci D.) 9:30-10:15am (Lori)</p> <p>*Spinning -SP 8:30-9:30am (Jen)</p> <p>Zumba -AR 10:30-11:30am (Nicci D.)</p> <p>Just Movin' - AR 12:15-12:45pm (Frank)</p> <p>Body Sculpting -AR 4:45-5:30pm (Lori/Linnzi)</p> <p>*Spinning -SP 5:45-6:30pm (Krista T.)</p> <p>Pilates -RR 5:45-6:45pm (Megyn)</p> <p>Kickbox & Pilates -AR 5:50 - 7:20pm (Lori)</p> <p>Kick Boxing (Bag) MP 5:40-6:55pm (Linnzi)</p> <p>Boot Camp -MP 7:25-8:30pm (Chris)</p> <p>Zumba -GYM 7:30-8:30pm (Staff)</p>	<p>*Spinning -SP 5:50-6:40am (Chris)</p> <p>Zumba -AR 10:00-11:00am (Karin)</p> <p>*Spinning -SP 11:30-12:15pm (Jen)</p> <p>Tai Chi Arthritis-AR 12:15-1:15pm (Mary)</p> <p>*Spinning -SP 5:45-6:45pm (Stephanie D.)</p> <p>Zumba -AR 5:55-6:55pm (Gwen)</p> <p>Tabata -MP 5:55 -6:55pm (Linnzi)</p> <p>Yoga -AR 7:10-8:10pm (Stephanie C.)</p> <p>*Spinning -SP 7:15-8:15pm (Chris)</p>	<p>Body Sculpting -MP 5:50-6:40am (Chris)</p> <p>Silver Sneakers-RR 8:30-9:15am (Nicci D.) 9:30-10:15am (Nicci)</p> <p>*Spinning -SP 8:30-9:30am (Krista B.)</p> <p>Zumba -AR 10:30-11:30am (Nicci D.)</p> <p>Just Movin' - AR 12:15-12:45pm (Frank)</p> <p>Piloxing -AR 4:45-5:45pm (Linnzi)</p> <p>Zumba -AR 6:00-7:00pm (Karin)</p> <p>*Spin Trivia -SP 6:00-7:00pm (Linnzi)</p> <p>Intro Kickbox -AR 7:25-8:25pm (Chris)</p>	<p>Zumba -AR 7:15-8:15am (Nicki K.)</p> <p>Yoga -MP 8:00-9:15am (Lee)</p> <p>*Spinning -SP 8:00-9:00am (Stephanie D.)</p> <p>Zumba Tone -AR 8:20-9:05am (Nicki K.)</p> <p>*Spinning - SP 9:15-10:15am (Yonika)</p> <p>Kickboxing (Bag) MP 9:30-10:40am (Stephanie D.)</p> <p>Zumba -AR 9:30-10:30am (Staff)</p> <hr/> <p>Rooms</p> <p>AR—Aerobic Room MP—Multi-Purpose SP—Spinning Room RR—Rotary Room</p> <p>- - * Denotes an extra fee is required</p>