



Group Exercise

Winter 2012 UPD 1/5/2012

North Lexington Family YMCA
 381 W. Loudon Ave
 Lexington, KY 40508
 859-258-9622
 www.ymcaofcentralky.org

MONDAY

Time	Class	Instructor	Location	Level
8:00-9:00am	Water Fitness	Rita	Pool	Beginner
9:30-10:20am	Pilates Matwork	Carrie	Grp. Ex. B	Beginner
9:30-10:30am	Muscle Management	Chelsea	MP Room	Beginner
11:45-12:45pm	Yoga/Pilates Fusion	Kara	Grp. Ex. B	Beg / Int
11:00-12:00pm	Water Fitness	Jackie	Pool	Beginner
12:15-1:15pm	Water Fitness (LFUCG)**	Sherry	Pool	Beginner
12:15-1:00pm	Athletic Boxing	Gerald	Grp. Ex. A	Advanced
6:00-6:30pm	High 30 Xtreme	Chris	Grp. Ex. A	Advanced
6:30-7:30pm	Water Fitness	Mary	Pool	Beg / Int
6:35-7:25pm	Zumba	Emily	Grp. Ex. A	Beg / Int
7:30-8:30pm	Deep Water Fitness	Mary	Pool	Int / Adv

TUESDAY

Time	Class	Instructor	Location	Level
6:00-7:00am	Ride and Shine	Beth	Grp. Ex. B	Int / Adv
8:30-9:30am	Water Fitness	Christy	Pool	Beg / Int
9:30-10:30am	Water Fitness	Christy	Pool	Beg / Int
9:30-10:20am	Just PUMP	Carrie	Grp. Ex. A	Beg / Int
11:30-12:15pm	Water Yoga	Sherry	Pool	Beginner
11:40-12:30pm	3-2-1	Chelsea	Grp. Ex. A	Int / Adv
5:40-6:30pm	The MIXX	Chris	Grp. Ex. A	Int / Adv
6:30-7:30pm	Group Cycling	Melissa	Grp. Ex. B	Beg / Int
6:00-7:00pm	Water Fitness	Chelsea	Pool	Beg / Int
6:00-7:00pm	Yoga	Louise	MP Room	Beg / Int

WEDNESDAY

Time	Class	Instructor	Location	Level
8:00-9:00am	Water Fitness	Rita	Pool	Beginner
9:30-10:30am	Muscle Management	Chelsea	MP Room	Beginner
11:00-12:00pm	Water Fitness	Sherry	Pool	Beginner
11:45-12:30pm	Cycle and Core	Abby	Grp. Ex. B	Beg / Int
12:15-1:15pm	Water Fitness (LFUCG)**	Sherry	Pool	Beginner
12:15-1:00pm	Athletic Boxing	Gerald	Grp. Ex. A	Advanced
5:30-6:30pm	Pilates Matwork	Kara	Grp. Ex. A	Beginner
6:30-7:30pm	Pilates Matwork	Kara	MP Room	Int / Adv
6:30-7:30pm	Water Fitness	Mary	Pool	Beg / Int
7:00-8:00pm	Zumba	Christian	Grp. Ex. A	Beginner
7:30-8:30pm	Deep Water Fitness	Mary	Pool	Int / Adv

THURSDAY

Time	Class	Instructor	Location	Level
8:30-9:30am	Water Fitness	Christy	Pool	Beg / Int
9:30-10:30am	Water Fitness	Christy	Pool	Beg / Int
9:30-10:20am	Cardio PUMP	Carrie	Grp. Ex. A	Int / Adv
11:30-12:15pm	Water Yoga	Sherry	Pool	Beginner
11:40-12:30pm	3-2-1	Carrie	Grp. Ex. A	Int / Adv
5:15-6:15pm	Yoga/Pilates Fusion	Kara	Grp. Ex. B	Beg / Int
5:40-6:30pm	The MIXX	Abby	Grp. Ex. A	Int / Adv
6:30-7:30pm	Group Cycling	Abby	Grp. Ex. A	Beg / Int
6:00-7:00pm	Water Fitness	Chelsea	Pool	Beginner

FRIDAY

Time	Class	Instructor	Location	Level
6:00-7:00am	Ride and Shine	Beth	Grp. Ex. B	Int / Adv
8:00-9:00am	Water Fitness	Rita	Pool	Beginner
9:30-10:20am	Pilates Matwork	Kara	Grp. Ex. A	Int / Adv
9:30-10:30am	Muscle Management	Carrie	MP Room	Beginner
11:00-12:00pm	Water Fitness	Sherry	Pool	Beginner
12:15-1:00pm	Athletic Boxing	Gerald	Grp. Ex. A	Advanced

SilverSneakers® Classes - Monday through Friday - 10:30-11:15am

Mon & Wed	SilverSneakers® MSROM	Chelsea	Grp. Ex. A	Beginner
Tues & Thurs	CardioCircuit®	Carrie	Grp. Ex. A	Beginner
Friday	YogaStretch®	Robin	Grp. Ex. A	Beginner
Friday/9:15am	Let's Dance North	Robin	Gym	Beginner

AGE POLICY

All YMCA members and program members must be at least 14 years old to participate in Group Exercise Classes unless otherwise noted.

PHYSICAL ACTIVITY READINESS

It is wise to consult your doctor before beginning an exercise program. Always listen to your body. Only do what you can in classes. Slow down when needed and gradually increase when ready.

MEMBERSHIP BENEFITS

Group Exercise Classes are FREE with a North Lexington Family YMCA Membership. YOGA is now included in your membership!

**YMCA members are welcome to attend. Class is run by LFUCG instructor.