






















ROUND VALLEY YMCA GROUP FITNESS SCHEDULE

February 22 - April 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	INDOOR CYCLING <i>Teri</i>	 (5:50am) <i>Teri - FS</i>	INDOOR CYCLING <i>Lauren</i>	YOGA <i>Cindy - FS</i>	 (5:50am) <i>Teri - PR</i>		
					INDOOR CYCLING (5:45am) <i>Deb/Janette</i>		
8:15am						INDOOR CYCLING <i>Deirdre</i>	
8:30am						 <i>Christie - PR</i>	 <i>Alt. Instructors - FS</i>
						STEP IT UP <i>Kim - FS</i>	INDOOR CYCLING <i>Renee</i>
9:15am	 <i>Teri - PR</i>		PILATES <i>Georganne - FS</i>	 <i>Lisa - FS</i>			
	INDOOR CYCLING <i>Toni</i>		INDOOR CYCLING <i>Ellen</i>				
9:30am	BOOT CAMP <i>Deb - FS</i>	 <i>Karen - FS</i>			BODY SHOCK <i>Karen - FS</i>	 <i>Teri - PR</i>	 <i>Sara - PR</i>
						BUTTS & GUTS <i>Kim - FS</i>	
10:15am				INDOOR CYCLING <i>Toni</i>			
10:30am	PILATES <i>Lisa - FS</i>	 <i>Karen - FS</i>	 <i>Ellen - FS</i>	PILATES <i>Lisa - FS</i>	PILATES <i>Lisa - FS</i>	 <i>Teri - PR</i>	
4:15pm				 <i>Samantha - FS</i>			
5:30pm	ADVANCED STEP <i>Kim - FS</i>	YOGA <i>Cindy - FS</i>	STEP IT UP <i>Kim - FS</i>	YOGA <i>Lisa P. - FS</i>	 <i>Sara - FS</i>		
	YOGA KIDS - <i>PR</i>		 <i>Christie - PR</i>	 <i>Jill W. - PR</i>	INDOOR CYCLING <i>Kim</i>		
6:00pm	INDOOR CYCLING <i>Sue</i>					ROUND VALLEY BRANCH	
6:15pm	BUTTS & GUTS <i>Kim - FS</i>		AB ATTACK <i>Kim - FS</i>				
6:30pm	 <i>Jill W. - PR</i>	 <i>Christie - FS</i>	 <i>Jill W. - PR</i>	INDOOR CYCLING <i>Sue</i>			
		AB ATTACK <i>Beth F. - PR</i>	KIDS BOOT CAMP - FS	AB ATTACK <i>Jill W. - PR</i>			
				KIDS JAZZ & HIP HOP - FS			
6:45pm	PILATES <i>Kim - FS</i>	 <i>Beth - PR</i>		 <i>Sara - PR</i>			FS = Fitness Studio PR = Program Room
7:30pm			INDOOR CYCLING <i>Jill W.</i>				Revised: 3/2/10