































# DEER PATH YMCA GROUP FITNESS SCHEDULE

June 14 - September 12

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	 Tracey - FS	INDOOR CYCLING Tom - FS	 Tracey - FS	INDOOR CYCLING Tom - FS	INDOOR CYCLING Tracey - FS	INDOOR CYCLING (7:00am) Sally - FS		
8:00am	PILATES FUSION Carol - MP		LOW IMPACT Lynn - MP		LOW IMPACT Lynn - MP	 Sally - FS		
8:30am		 Jeanette - MP					INDOOR CYCLING Toni - FS	
9:15am	 Karen - MP		 Karen - MP	STEP IT UP Ellen - MP	 Toni - MP	YOGA Mixed Levels Lisa P. - FS	 Will - GYM (8:30am) FAMILY KICK	
	INDOOR CYCLING Ellen - FS		BOOT CAMP Beth - FS	 Jill - FS	PILATES Diana - FS			
9:30am		STEP IT UP Ellen - MP						
		INDOOR CYCLING Toni - FS						
10:15am	 Karen - MP		AB ATTACK Beth - FS	 Ellen - MP	 Jeanette/Ellen-MP			
	BUTTS & GUTS Ellen - FS			PILATES FUSION Carol - FS				
10:30am		 Toni - FS			INDOOR CYCLING Toni - FS			
11:00am	PILATES Jill - FS	SENIOR SHAPE-UP (11:15am) Ellen - MP	WOMEN'S LIVING WELL Beth - FS	 (11:30am) Teri - FS	 (11:15am) Ellen - MP	  <h2 style="margin: 0;">Deer Path Branch</h2>		
11:30am	SENIOR SHAPE-UP Ellen - MP			SENIOR SHAPE-UP Ellen - MP				
12:00pm	INDOOR CYCLING Beth - FS	YOGA Jill - FS	 Teri - FS		WOMEN'S LIVING WELL Beth - FS			
		 Ellen - MP						
12:15pm			SILVER SNEAKERS Ellen - MP	WOMEN'S LIVING WELL (12:30pm) Beth - FS				
1:00pm					 Jill - FS			
1:30pm	WOMEN'S LIVING WELL Beth - FS	WOMEN'S LIVING WELL Beth - FS		YOGA Jill - FS				
4:00pm	 Jeanette - FS		 Karen - FS					
5:00pm	 Carol - FS	ZUMBA Deirdre - MP	 Karen - FS	ZUMBA Pat - FS				
6:00pm	 Andrea - MP	 Sara - FS	KICKBOXING Beth - MP	 Jeanette - MP	FAMILY ZUMBA Janette/Heidy MP		MP = Multi Purpose Room	
	INDOOR CYCLING Sally - FS	 Jill - MP					FS = Fitness Studio	
7:00pm	 Sally - MP	PILATES Jill - MP	 Carol - MP	 Jeanette - MP			GYM = Gymnasium	
	YOGA Lisa - FS	INDOOR CYCLING Janette - FS	WOMEN'S LIVING WELL (7:15pm) Beth - FS				Revised: 6/9/10	

\* For Time/Length see descriptions on back.