





















# ROUND VALLEY YMCA GROUP FITNESS SCHEDULE

June 14 - September 12

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