



































DEER PATH YMCA GROUP FITNESS SCHEDULE

January 2 - February 25

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	 Tracey - FS	INDOOR CYCLING Tom - FS	 Tracey - FS	INDOOR CYCLING Tom - FS	INDOOR CYCLING (5:45am) Tracey - FS	INDOOR CYCLING (7:00am) Toni - FS	INDOOR CYCLING (7:15am) Stacie - FS
8:00am	PILATES FUSION Carol - MP		LOW IMPACT Lynn - MP		LOW IMPACT Lynn - MP	 Toni - FS	
8:30am		 Ellen - MP		 Ellen - MP			INDOOR CYCLING Stacie - FS
9:15am	 Jeanette/Karen - MP		 Karen - MP		 Toni - MP	YOGA Mixed Levels Lisa P. - FS	 Beth F. - MP (8:30am) FAMILY KICK
	INDOOR CYCLING Ellen - FS		BOOT CAMP Beth - FS	 Jill - FS	PILATES Diana - FS		
9:30am		STEP IT UP Ellen - MP		STEP IT UP Ellen - MP			 9:30 - 10:00 Beth - FS
		INDOOR CYCLING Toni - FS					YOGA Mixed Levels (10:00-11:15) Beth F. - FS
10:15am	 Jeanette/Karen - MP	Beginner Step (10:35-11:10) Ellen - MP			 Jeanette/Ellen-MP		
				PILATES FUSION Carol - FS			
10:30am	 10:30 - 11:00 Ellen - FS	 Toni - FS	 10:30 - 11:00 Karen - FS	 Ellen - MP	INDOOR CYCLING Toni - FS	GENTLE YOGA Mixed Levels (11:00-12:00) Lisa P. - FS	
11:00am	PILATES Jill - FS	SENIOR SHAPE-UP (11:15am) Ellen - MP	WOMEN'S LIVING WELL Beth - FS	 (11:30am) Teri - FS			
11:30am	SENIOR SHAPE-UP Ellen - MP			SENIOR SHAPE-UP Ellen - MP	 11:30 - 12:00 Jeanette/Ellen - FS	 All Group Core Classes start on January 16	
12:00pm	INDOOR CYCLING Beth - FS	YOGA Jill - FS	 Teri - MP		WOMEN'S LIVING WELL Beth - FS		
		 Jeanette - MP			 Jill - MP		
12:15pm			SILVER SNEAKERS Ellen - FS	WOMEN'S LIVING WELL (12:30pm) Beth - FS			
1:30pm	WOMEN'S LIVING WELL (1:15pm) Beth - FS	WOMEN'S LIVING WELL Beth - FS	INDOOR CYCLING (1:00pm) Megan - FS	YOGA Jill - FS			
4:00pm	 Ellen - MP						
5:00pm	 Denise - FS	ZUMBA Lynn - MP	PILATES Diana - FS	ZUMBA Lynn - FS			
		 5:30 - 6:00 Sara - FS	 Sam - MP				
6:00pm	 Andrea - MP	 Sara - FS	KICKBOXING Andrea - MP	 6:00 - 6:30 Tom - FS	ZUMBA HAPPY HOUR Deirdre - MP		MP = Multi Purpose Room
	INDOOR CYCLING TBD - FS	 Jill - MP					FS = Fitness Studio
7:00pm	 Sam - MP	PILATES Jill - MP	 Denise - MP	 Beth F. - MP			GYM = Gymnasium
	YOGA Lisa - FS	INDOOR CYCLING Megan - FS	WOMEN'S LIVING WELL Beth - FS	INDOOR CYCLING David - FS			Revised: 12/21/11

* For Time/Length see descriptions on back.