






























ROUND VALLEY YMCA GROUP FITNESS SCHEDULE

January 2 - February 25

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		 (5:50am) Teri - FS	INDOOR CYCLING Teri		 (5:50am) Teri - PR		
					INDOOR CYCLING (5:30am) Sue	 (7:30am) Teri - PR	
8:15am						INDOOR CYCLING Deirdre	
8:30am						 Christie - PR	 Alt. Instructors - FS
						STEP IT UP Kim - FS	INDOOR CYCLING Renee
9:15am	 9:00 - 9:30 Teri - PR		PILATES Georganne - FS	 Renee - FS			 (8:30am) Andrea - PR
	INDOOR CYCLING Toni		INDOOR CYCLING Ellen				
9:30am	BOOT CAMP Michelle - FS	 Karen/Teri - FS	BOOT CAMP (9:15am) Michelle - PR		BODY SHOCK Karen - FS	 Teri - PR	 Sara - PR
	 Teri - PR					 9:30 - 10:00 Kim - FS	 9:30 - 10:00 Alt. Instr. - FS
10:15am				INDOOR CYCLING Toni			
10:30am	PILATES Lisa - PR	 Karen/Teri - FS	 Ellen - FS	PILATES Renee - FS	PILATES Diana - PR		
	 10:30 - 11:00 Michelle - FS				 10:30 - 11:00 Karen - FS		
4:15pm				 Denise - FS			
5:30pm	ADVANCED STEP Kim - FS	YOGA Cindy - FS	STEP IT UP Kim - FS	YOGA Lisa P. - FS	 Sara - FS		
	YOGA KIDS Jill - PR			 Jill W. - PR			
6:15pm	LEGS & CORE Kim - FS						
6:30pm	 Jill - PR		 Jill - PR	INDOOR CYCLING Sue			
	INDOOR CYCLING Sue	 Christie - FS	 6:30 - 7:00 Kim - FS	 6:30 - 7:00 Jill - PR			
6:45pm	PILATES Kim - FS	 Beth - PR	ZUMBA 7:00pm Kim - FS	 (7:00pm) Sara - FS			FS = Fitness Studio PR = Program Room
7:30pm			INDOOR CYCLING Jill				Revised: 1/23/11