























# ROUND VALLEY YMCA GROUP FITNESS SCHEDULE

September 12 - October 30

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	 (7:15am) Teri - PR		
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			 (8:30am) Andrea - PR	
	 Teri - PR		INDOOR CYCLING Ellen					
9:30am	BOOT CAMP Michelle - FS	 Teri - FS	BOOT CAMP (9:15am) Michelle - PR		BODY SHOCK Julie - FS	 Teri - PR	 Sara - PR	
						LEGS & CORE Kim - FS		
10:15am				INDOOR CYCLING Toni				
10:30am	PILATES Lisa - FS	 Teri - FS	 Ellen - FS	PILATES Lisa - FS	PILATES Diana - FS			
4:15pm				 Christie - 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		 Val - PR	 Jill W. - PR				
6:00pm	INDOOR CYCLING Sue					<b>Round Valley Fall I Group Fitness Schedule</b>		
6:15pm	LEGS & CORE Kim - FS		LEGS & CORE Kim - FS					
6:30pm	 Jill W. - PR	 Christie - FS	 Jill W. - PR	INDOOR CYCLING Sue				
				CORE Jill W. - FS				
				KIDS BOOT CAMP - PR				
6:45pm	PILATES Kim - FS	 Beth - PR		 Sara - FS			FS = Fitness Studio PR = Program Room	
7:30pm			INDOOR CYCLING Jill W.				Revised: 9/6/11	