





























DEER PATH YMCA GROUP FITNESS SCHEDULE

January 4 - February 20

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	CARDIO BLAST Karen - MP		 Karen - MP	STEP IT UP Ellen - MP	 Toni - MP	YOGA Mixed Levels Lisa P. - FS	 TBD - GYM (8:30am)
	INDOOR CYCLING Ellen - FS		BOOT CAMP Beth - FS	 Jill - FS	PILATES FUSION 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	GENTLE YOGA (10:45am-11:45am) Lisa P. - FS	
	BUTTS & GUTS Ellen - FS			PILATES FUSION Diana - 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		 All Group Kick Classes start January 11	
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	SILVER SNEAKERS Ellen - MP		
1:00pm			INDOOR CYCLING Teri - FS		 Jill - FS		
1:30pm	WOMEN'S LIVING WELL Beth - FS	WOMEN'S LIVING WELL Beth - FS		YOGA Jill - FS			
4:00pm	 Jeanette - MP		 Karen - FS				
5:00pm	 Jill - FS	ZUMBA Deirdre - MP	 TBD - FS	ZUMBA Pat - FS			
6:00pm	 TBD - MP	 Sara - FS	KICKBOXING Beth - MP	 Jeanette - MP			MP = Multi Purpose Room
	INDOOR CYCLING Sally - FS	 Jill - MP		YOGA Lisa - FS			FS = Fitness Studio
7:00pm	 Sally - MP	PILATES Jill - MP	 Sally - MP	 Jeanette - MP			GYM = Gymnasium
	YOGA Lisa - FS	INDOOR CYCLING Janette - FS	WOMEN'S LIVING WELL (7:15pm) Beth - FS	INDOOR CYCLING David - FS			Revised: 12/30/09

* For Time/Length see descriptions on back.