






















ROUND VALLEY YMCA GROUP FITNESS SCHEDULE

January 4 - February 20

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	INDOOR CYCLING Jill/Teri	 (5:50am) Teri - FS	INDOOR CYCLING Lauren	YOGA Cindy - FS	 (5:50am) Teri - PR		
					INDOOR CYCLING (5:45am) Deb		
8:15am						INDOOR CYCLING Deirdre	
8:30am						 Christie - PR	 Alt. Instructors - FS
						STEP IT UP Kim - FS	INDOOR CYCLING Renee
9:15am	 Teri - PR		PILATES Georganne - FS	 Lisa - FS			
	INDOOR CYCLING Toni		INDOOR CYCLING Ellen				
9:30am	BOOT CAMP Deb - 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/Teri - FS	 Ellen - FS	PILATES Lisa - FS	PILATES Lisa - FS	 TBD - FS	
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	INDOOR CYCLING Kim		
6:00pm	INDOOR CYCLING Sue					ROUND VALLEY BRANCH	
6:15pm	BUTTS & GUTS Kim - FS		AB ATTACK Kim - FS				
6:30pm	 Jill W. - PR	 Christie - FS	 Jill W. - PR	KIDS JAZZ & HIP HOP - FS			
		AB ATTACK Beth F. - PR	ZUMBA Diana - FS	AB ATTACK Jill W. - PR			
6:45pm	PILATES Kim - FS	 Beth - PR		 Sara - PR			FS = Fitness Studio PR = Program Room
7:30pm		KIDS BOOT CAMP - FS	INDOOR CYCLING Jill W.				Revised: 12/23/09

Bring It On . . .



Group Kick Launching Tuesday, January 12 @9:30am and 6:45pm.
 VIP Sneak Peek classes are on Tuesday, January 5 @9:30am and 6:45pm - if you are interested in attending a sneak peek class, please pick up an invitation from any of the Group Kick Instructors or RSVP to Karen Kloss, kkloss@hcyymca.com.