

TORIGIAN FAMILY YMCA

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
SPRING 2012 EFFECTIVE: MONDAY, May 19th						
5:10-6:00 am SPIN Connie	5:15-6:15 am CHISLE Connie	5:10-6:00 am SPIN Donna	5:15 – 6:15 am CHISLE Linda	5:10-6:00 am SPIN Chantelle	7: 15 – 8:15 am SPIN Connie	8:15-8:45 am POWER SPIN Nancy/Emily
6:05-6:45 am CARDIO STRENGTH Connie	6:20-6:50 am POWER SPIN Connie	6:05-6:45 am CARDIO STRENGTH Donna	5:15 – 6:15 am SUNRISE YOGA (ASR) Connie	6:05 – 6:45 CARDIO STRENGTH Chantelle	8:30 – 9:30 am YOGA Connie	9:00 – 10:00 am SPIN Nancy/Emily
9:00 – 10:15 YOGA (ASR) Paul	7:45 – 8:45 am ZUMBA Mina	7:45 – 8:45 am MUSCLE Connie		7:45 – 8:45 am MUSCLE Connie		9:00 – 10:00 am GENTLE YOGA (ASR) Patti/Kelley
9:00 – 10:15 SPIN/CORE/ YOGA Connie	9:00 – 10:00 am PILATES (ASR) Mina	9:15 – 10:00 ZUMBA Rachelle	9:00 – 10:00 am PILATES Mina	9:00 – 10:00 ZUMBA Lynda/Yvonne	9:45 – 10:15 CORE Mina	
	9:00 – 10:00 am BASIC STEP/ SCULPT Rachelle	9:00 – 10:00 am YOGA (ASR) Kelley	10:15 – 11:15 am 3d STRENGTH Heather	9:00 – 10:00 am YOGA (ASR) Kelley	10:15 – 11:15 ZUMBA Mina	
10:30 – 11:30 CARDIO MIX Jackie	10:15 – 11:10 SPIN Jackie	10:15 – 11:15 am CARDIO STRENGTH Heather	11:20 – 11:50 FOAM ROLL Heather	10:30 – 11:30 am CHAIR YOGA (ASR) Kelley	11:30 – 12:30 SPIN Cheryl	1:00 – 2:00 pm ZUMBA Lynda
11:35 – 12:00 pm CORE Heather	11:20 – 11:50 CORE Jackie	10:30 – 11:30 am CHAIR YOGA (ASR) Kelley		10:15 – 11:10 SPIN Noel		2:15 – 3:15 pm SPIN Nancy
		12:00-12:30 pm INTRO SPIN Heather	4:00 – 5:00 pm CARDIO KICKBOXING Joanne		12:45 – 1:45 FAMILY YOGA Paul	
4:00 – 5:00 pm BARBELL PUMP Noel	4:00 – 4:45 pm INSANITY Nancy	4:00 – 5:00 pm BARBELL PUMP Noel	5:15 – 6:15 ZUMBA + TONE Lynda		2:00 – 3:00 pm SPIN Debbie	
5:15 – 6:15 SPIN Noel	5:00 – 6:00 pm MUSCLE Lynda	5:15 – 6:15 SPINUPP Lynda	6:30 – 7:30 pm CARDIO MIX Chantelle	4:00 – 5:00 pm BARBELL PUMP Jen		
6:30 – 7:15 CORE (ASR) Patti	6:15 – 7:15 pm ZUMBA Mina	6:30 – 7:30 pm BASIC STEP/SCULPT Rachelle	6:30 – 7:25 pm PILATES (ASR) Lynda	5:30 – 6:30 SPIN Nancy		
6:30 – 7:30 pm ZUMBA Jim	7:30 – 8:30 pm YOGA (ASR) Paul	6:30 – 7:30 pm GENTLE YOGA (ASR) Lynda	7:35 – 8:35 YOGA (ASR) Paul	6:40 – 7:40 pm ZUMBA Cheryl		
7:45 – 8:45 PILATES Mina	7:30 – 8:30 pm SPIN Cheryl	7:45 – 8:45 PILATES Mina	7:35 – 8:35 pm SPIN Cheryl/Nancy			