

Check out our website for more schedule information at

Y GROUP EXERCISE™



We build strong kids, strong families, strong communities.

Rochester Area Family Y Group Fitness Menu 3-3-08 to 6-1-08

Time/Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00-8:55am	P		More Zumba!			Water Works Rotation		
9:15-10:10am	P	9:15-10:00am Water Works Sara	Deep Water Sara	9:15-10:00am Silver Splash Lisa N	Water Works Robin	9:15-10:00am Deep Water Avin	8:35-9:30am Step2 MPR Rotation	
9:15-10:10am	M	Step 2 Robin/Jen	PowerCut Jen/Robin	Zumba Tamsin	PowerCut Tamsin/ Deb C	TurboKick Becky	9:35-10:30am Musclestone MPR Valerie/Becky	
	B	Musclestone Pennie	Pilates Plus Marissa	Musclestone Jen	Pilates Connie	Musclestone Pennie C.Studio 9:15-10:00am Cycle Monica	New Water Classes!	
10:15-10:30am	P	10:05-10:50am H2O Yoga Sara		10:05-10:50am H2O Pilates Lisa N		10:05-10:50am H2OYoga/Pilates Avin		
	M	Abs Pennie	10:20-10:50am TurboKick Pennie	10:15-11:00am Step 2 Jen	10:20-11:00am Zumba Jen	Abs Becky		
10:30-11:25am	B	10:35-11:30am MPR Hatha Yoga 2 Nicole	Silver Sneakers 1 Sara	Qigong Bonnie	Silver Sneakers 2 Lisa N	10:35-11:30am MPR Hatha Yoga Mix Sara A.	10:35-11:30am Hatha Yoga Mix (MPR) Colette	12:15-1:10pm MPR Musclestone Rotation
		Silver Sneakers 2 Robin				Silver Sneakers 1 Robin		
11:00-11:55am	M	11:35-12:30pm Balfour Gentle Yoga Stretch Nicole	Tai Chi Patrick				1:15-2:10pm Zumba/Hip Hop Erica	
12:15-1pm	M	C. Studio Tamsin	12:00-12:55pm PowerCut Pennie	Zumba Paula E	12:00-12:55pm PowerCut Lisa N	Zumba Hip Hop Erica		
4:35-5:30pm	M	PowerCut Beth/ Deb C	4:30-5:15pm Step 1 Kelli	4:35-5:20pm Cycle C.Studio Beth/ Monica	4:35-5:15pm Zumba/Hip Hop Erica	Pilates Marissa	Bring your water!	
5:35-6:30pm	M	Step 2 Adeline	5:20-6:15pm PowerCut Valerie/ Kelli	CSI Valerie	5:20-6:15pm PowerCut Lisa/ Adeline	5:35-6:25pm Zumba Tamsin		
	B	6:00-6:55pm Hatha Yoga Mix Nicole	Pilates Plus Tim	★ Pilates Tim	★ Hatha Yoga 2 Sara A			
6:00-6:45pm	C	★ Cycle Rotation	Cycle Tamsin	6:00-6:55pm Pool Water Works Deb H	Cycle Shelley		New Cycle Times/Classes!	
6:35-7:30pm	M	6:35-7:20pm Zumba Adeline	6:20-7:05pm Bound and Core Beth	6:30-6:45pm Abs Valerie	6:20-7:05pm TurboKick Lisa/ Adeline			
	B		6:35-8:00pm Belly Dancing Advanced Beginner Jen	Hatha Yoga Mix Colette	Belly Dancing Beginner Jen	We also have Family Fitness Fridays at 6:35pm. See the front desk for details!		
	P		Water Works Deb H		Water Works Sara			

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