

J.A. Henry Family YMCA Land Group Exercise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.	AEROBIC CROSS TRAINING <i>Susanne</i>		AEROBIC CROSS TRAINING <i>Susanne</i>		AEROBIC CROSS TRAINING <i>Susanne</i>	
10:00 a.m.	 MSROM <i>Louise</i>	 Cardio Circuit Training <i>Shirley</i>	 MSROM <i>Louise</i>	 Cardio Circuit Training <i>Shirley</i>	 MSROM <i>Louise</i>	Level I Studio Cycle <i>Mark</i>
12:00 p.m.	Level II CYCLE <i>Mark</i>	Ab Blast 30 min <i>Mark</i>	Level III CYCLE <i>Piper</i>	Ab Blast 30 min <i>Mark</i>	Level III CYCLE <i>Lauren</i>	
1:00 p.m.		YOGA <i>Sue/Anita</i>		YOGA <i>Sue/Anita</i>		
4:30 p.m.	PUMP <i>Kim</i>		PUMP <i>Kim</i>		PUMP <i>Kim</i>	
5:15 p.m.	Level III Cycle <i>Lauren</i>		Level III Cycle <i>Piper</i>	Level II CYCLE <i>Mark</i>		
5:30 p.m.	Step & Cross Training <i>Allison</i>	PILATES <i>Shannon</i>	Step & Cross Training <i>Allison</i>	PILATES <i>Shannon</i>		
6:30 p.m.		Extreme Cycle Lev. III <i>Allison</i>		Level II CYCLE <i>Mark</i>		
7:30 p.m.	Green's Karate		Green's Karate		Green's Karate	

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Revised October 2009