

Winter 2010

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

North River Family YMCA
4138 Hixson Pike
Chattanooga, TN 37415
423-877-3517

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Studio Cycle Lois (SR)		Studio Cycle Lois (SR)				
8:30 AM	Pump Jill (CR)						
9:00 AM	Aerobic Cross Train Jeanne (1&2)	Aerobic HiLo Jeanne (1&2) SilverSneakers® MSROM @9:15 Wanda (CR)	Aerobic Cross Train Jeanne (1&2)	Aerobic HiLo Jeanne (1&2) SilverSneakers® MSROM @9:15 Gail (CR)	Aerobic Cross Train Jeanne (1&2) Aerobic HiLo Darlene (CR)	Instructor's Choice Diane/Shelley (3)	
9:30 AM	SS® Cardio Circuit Gail (CR) Studio Cycle Pennie (SR)	Studio Cycle Pennie (SR)	Pump Jill (CR)	Studio Cycle Leive (SR)		Yoga II @9:45 Amanda (CR) 90 min	
10:30 AM	Yoga Jeanne (CR)		PiYo Teresa (CR) Zumba @10:15 Amy (1&2)	Pilates @10:15 Gail (CR)	Yoga Jeanne (CR)		
2:00 PM							Zumba Amy(1&2)
5:00 PM	Cardio Blast (CR)		Cardio Blast (1&2)				
5:30 PM		Yoga* Leslie (CR)	Yoga Amanda (CR)	Yoga** Amanda (CR) 75 min.			
6:00 PM	Studio Cycle Greg (SR) Advance Step Jeanette (1&2) PilatesPlus Denise (CR)	Pump @6:15 Jeanette(CR) Studio Cycle Louise (SR)	Aerobic Cross Train Diane (3)	Studio Cycle Lois (SR) Zumba @ 6:30 Brittany (3)	Aerobic Cross Train Diane (3)		

(1&2) Large Gym (3) Small Gym (CR) Community Room

Revised 2/9/10