



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CLOVER YMCA GROUP EXERCISE SCHEDULE FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Lite w/Andrea 7:30-8:15 am	Cycle/Abs w/Tracy 5:40-6:40 am	Zumba Lite w/Andrea 7:30-8:15 am	Cycle/Abs w/Tracy 5:40-6:40 am	Yoga w/Michelle 8:15-9:00 am	Zumba w/Andrea / Julia 8:30-9:30am	
Yoga w/Michelle 8:15-9:00 am	Yoga w/ Andrea 8:15-9:00 am	Yoga w/Michelle 8:15-9:00 am	Yoga w/Tory 8:15-9:00 am	Pilates w/Tracy 9:00-9:45 am		
Abs w/ Kim 9:00-9:45 am	Beginner Cycle w/ Susan 8:00-8:45 am	Pilates w/Michelle 9:00-9:45 am	Pilates w/Tory 9:00-9:45 am	Zumba w/Sheri 9:45-10:30 am		
Sculpt w/ Kim 9:45-10:30 am	Pilates w/ Andrea 9:00-9:45 am	Sculpt w/Kim 9:45 -10:30 am	Silver Sneakers Cardio w/Tory 10:30-11:15am	Mix it up w/ Tyler 12:15-1:00 pm		
Yoga Lite w/Tory 10:30-11:00 am	Zumba w/ Andrea 9:45-10:45 am	Yoga Lite w/ Tory 10:30-11:00 am	Cycle w/Linda 12:15-1:00pm			
Cycle w/Linda 12:15-1:00pm	Silver Sneakers W/ Tory 10:45- 11:30 am	Mix It Up w/Adam 12:15-1:00pm				
	Cardio/Abs-30/30 w/Lori & Tory 12:00-1:00pm					
Cycle Boot Camp w/Tory 5:15-6:00pm	Yoga w/Michelle 4:45-5:30 pm	Cycle Boot Camp w/Tory 5:15-6:00pm	Yoga w/Michelle 5:00-5:45 pm			
Mix it Up w/ Tyler 6:15 – 7:00 pm	Pilates w/Michelle 5:30-6:15 pm	Zumba w/Monica 6:00-7:00 pm	Pilates w/Michelle 5:45-6:30 pm		<p style="text-align: center;">Attention Members</p> <p>Check our web site www.upymca.org or Facebook for updates.</p> <p>Although we strive to give you the best possible group fitness experience, we unfortunately need to remove any class (es) which routinely receives low member turnout at times. Thank you for understanding!</p>	
	Zumba w/ Andrea 6:30-7:30 pm		Mix it Up w/ Tyler 6:30 – 7:15 pm			

Hours of Operation:

Monday - Friday – 5:00am - 9:30pm
 Saturday – 8:00am – 6:00pm
 Sunday – 1:00 pm – 6:00pm

Child Watch Hours:

Monday-Friday – 8:00am-Noon, 4pm-8pm
 Saturday- 8:00am-Noon



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