



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

**WELLNESS CENTER GROUP EXERCISE SCHEDULE FEBRUARY 2012**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step/Sculpt Crystie L1-3 6-6:45am	SPIN w/Trish 5:45-6:30am	Step/Sculpt Crystie L1-3 6:00-6:45am	SPIN w/Trish 5:45-6:30am	SPIN w/Trish 5:00-5:45am	SPIN w/Trish 8:30-9:15am	Sculpt&Sweat w/ Elaine L 1-3 CO 2:00-3:00
Step&Sculpt w/Trish L 2-3 C1-2 8:15-9:15am	SPIN w/Kim 8:15-9:15am	Step&Sculpt w/Trish L 2-3 C1-2 8:15-9:15am	SPIN w/Kim 8:15-9:15am	Step/Sculpt Crystie L1-3 6-6:45am	Step 9:30-10:30 (Instructors will rotate)	
Fit over 50! W/ Sylvia L1-2 CO 9:20-10:20am	Cardio Challenge W/ Paige 9:30-10:15am	Fit over 50! W/ Debbie L1-2 C-O 9:20-10:20am	Pilates W/ Colleen 9:45-10:45am L1-3 CO	Sculpt/Core w/Mickey/Nancy L1-3 8:15-9:15	Zumba w/ Katie 10:45-11:45am	
Beginner Step W/Colleen 10:30-11:30am L1-C1	Flow Yoga (All Levels) w/Barbara 10:30-11:30am	Step&Sculpt Interval w/Colleen L2-3 C1 10:30-11:30am	Beginner Yoga W/ Liz 11:00-12:00pm	Sculpt & Sweat W/Jo D 9:30-10:30		
Pilates W/Colleen L1-3 CO 12:00-1:00pm	Beginner/Gentle Yoga W/Barbara 12:00-1:00pm	Pilates W/Colleen L1-3 CO 12:00-1:00pm	Step Interval w/Melissa L2-3 C2 4:10-5:00pm	Step/Sculpt w/ Colleen 10:30-11:45am L2-3 C2	SPIN SCHEDULE	
Sit to be Fit w/ Sylvia LI CO 2:00-3:00pm	Step Interval W/Crystie L1-3 C1-2 5:15-6:15pm	Sit to be Fit w/ Sylvia L1- CO 2:00-3:00pm	Core Conditioning W/ Melissa 5:00-5:30pm	Sit to be Fit w/ Sylvia LI CO 2-3:00pm	Tues -5:45am - 6:30am W/ Trish 8:15am - 9:15am W/ Kim 6:30pm - 7:15pm W/ Randy Weds- 7:30pm - 8:15pm W/Jim Thurs- 5:45am - 6:30am W/ Trish 8:15am - 9:15am W/ Kim 6:30pm - 7:15pm W/ Lee Fri - 5:00am - 5:45am W Trish Sat - 8:30am - 9:15am W/ Trish	
Sculpt& Sweat w/Diane L2-3 C-O 4:10-5:10pm	Spin W/Randy 6:30-7:15pm	Sculpt& Sweat w/Diane L2-3 CO 4:10-5:10pm	Zumba w/ Katie 5:30- 6:15pm	Sculpt/ Sweat w/ Crystie L2-3 CO 4-5:00pm		
Step w/ Melissa L2-3 CI-2 5:15-6:15pm	Sculpt&Sweat W/Elaine L2-3 CO 7:30-8:30	Beginner Step w/ Crystie 5:30 - 6:15 pm	Spin W/ Lee 6:30-7:15pm		***NEWS***	
Yoga w/Carol L 1-2 6:25-7:25pm		Hi-Lo Sculpt W/Mickey L1-3 CO 6:30-7:30pm	Sculpt & Sweat w/ Elaine L2-3 CO 7:30-8:30pm		Check our web site <a href="http://www.upymca.org">www.upymca.org</a> or Facebook for updates.	
Sculpt/Sweat w/ Mickey LI-3 CO 7:30-8:30pm		SPIN w/ Jim 7:30-8:15pm			<b>L – Level</b> L1 – Beginner L2 – Intermediate L3 – Advanced <b>C- Choreography</b> C0 - Little/No C1 – Low Level C2 – Intermediate C3 – High Level	

**Hours of Operation:**

Monday - Friday – 5:00am - 9:30pm  
 Saturday – 7:30am – 6:00pm  
 Sunday – 1:00 pm – 6:00pm

**Child Watch Hours:**

Monday - Friday - 8:00am – 12:00pm  
 Saturday – 9:00am – 12:00pm  
 Monday – Thursday 3:30pm – 7:30pm  
 Friday – 3:30pm – 6:00pm