



2019 JANUARY COMPLEX FITNESS

Day	Class	Time	Instructor	Room
Monday	Adrenaline	8:00 – 9:00 am	Penny*	Aerobics Studio
	Deep Water Class	8:15 – 9:00 am	Julie	Pool
	Water Aerobics	9:00 – 10:00 am	Jennie	Pool
	Yoga	9:00 – 10:00 am	Suzanne	Springs Room
	ZUMBA	10:30 – 11:30am	Jennie	Springs Room
	Barre Mix	10:00 – 11:00 am	Ronnee	Aerobics Studio
	Lift and Lose	11:30 am – 12:30 pm	Ronnee	Weight Room
	Yoga	4:05 – 5:00 pm	Kristy*	Aerobics Studio
	ZUMBA	6:00 – 7:00 pm	Sam	Aerobics Studio
	Yoga	7:00 – 8:15 pm	Suzanne	Aerobics Studio
Tuesday	Water Aerobics	9:00 – 10:00 am	Kristy*	Pool
	Muscle Fatigue	9:00 – 10:00 am	Penny*	Aerobics Studio
	Bare Your Sole	10:00 – 10:30 am	Tammy	Training Room
	Stretch & Strength	10:35 – 11:05 am	Tammy	Aerobics Studio
	Muscle Fatigue	4:05 – 5:05 pm	Ronnee	Aerobics Studio
	Cycle & Pump	6:00 – 6:45 pm	Kelly	Aerobics Studio
	Water Aerobics	6:00 – 7:00 pm	Dana	Pool
	Deep Water Class	7:00 – 7:30 pm	Dana	Pool
	ZUMBA	7:00 – 8:00 pm	Sam	Aerobics Studio
	Wednesday	Yin Yoga –NEW!	8:00 – 9:15 am	Sandra
Deep Water Class		8:15 – 9:00 am	Deb	Pool
Water Aerobics		9:00 – 10:00 am	Jennie	Pool
Pilates		9:00 – 10:00 am	Ronda	Aerobics Studio
Flexible Stretch		10:00 – 11:00 am	Arlene	Aerobics Studio
Tai Chi		11:00 am – 12:00 pm	Lisa	Aerobics Studio
Interval Circuit		4:05 – 5:00 pm	Kristy*	Aerobics Studio
Yoga		7:00 – 8:15 pm	Lidia	Aerobics Studio
Thursday	Upper Body Mix	8:00 – 8:30 am	Penny*	Aerobics Studio
	Cardio Pilates Fusion	8:30 – 9:00 am	Penny*	Aerobics Studio
	Water Aerobics	9:00 – 10:00 am	Kristy*	Pool
	Basic Barre	9:30 – 10:20 am	Shannon	Aerobics Studio
	Line Dancing	9:30 – 11:00 am	Ozzi	Ceramic Room
	Stretch & Strength	10:30 – 11:00 am	Shannon	Aerobics Studio
	Ready, Cycle, Go!	11:05 – 11:50 am	Kelly	Aerobics Studio
	Water Aerobics	6:00 – 7:00 pm	Dana	Pool
	Deep Water Class	7:00 – 7:30 pm	Dana	Pool
Friday	Cardio Circuit	8:00 – 9:00 am	Penny*	Aerobics Studio
	YoPi	9:00 – 10:00 am	Ronda	Springs Room
	Deep Water Class	8:15 – 9:00 am	Julie	Pool
	Yoga	9:00 – 10:00 am	Lidia	Aerobics Studio
	Water Aerobics	9:00 – 10:00 am	Shannon	Pool
	ZUMBA	10:00 – 11:00 am	Sam	Aerobics Studio
Saturday	Yoga	8:30 – 9:30 am	Lidia	Aerobics Studio

***Denotes changes in instructors mid month. Updated schedule will be post 1/15/19.**

Remember if School is Cancelled for Inclement Weather, all programming including fitness classes and Child Watch are also cancelled at the Complex YMCA.

Aerobics Studio

	Monday	Tuesday	Wednesday	Thursday
8:00- 9:00 am	Power Sport w/ Frances	Lean Legs 8- 8:30 w/ Holly : Double Step 8:30-9 am w/ Frances		
9:00- 10:00	Yoga w/ Cindy	Metabolic Effects W/Penny		
10:00am-12:00pm	Lite Aerobics w/Penny 10:15-11:15am	Spin w/ Jim 11:15-12		

	Monday	Tuesday	Wednesday	Thursday
8:00- 9:00 am	Power Sport w/ Frances: Aerobics Studio	Lean Legs 8- 8:30 w/ Holly : Double Step 8:30- 9 am w/ Frances Aerobics Studio		
9:00- 10:00	*Yoga w/ Cindy: Aerobics Studio * Aqua Aerobics w/ Kathleen : Pool * Interval Training w/ Denise O: Training Room 9:15-10:15am	Metabolic Effects W/Penny: Aerobics Studio Aqua Aerobics w/ Denise: Pool		
10:00am-12:00pm	Lite Aerobics w/Penny 10:15- 11:15am	Stretch and Strength w/ Tammy 10:30- 11am Spin w/ Jim 11:15-12		