

# February 2019 YMCA Group Exercise Schedule

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

5:15am		(A) Butts & Guts Amanda				
8:30am	(A) Body Transformation Anissa	(G) Boot Camp (outside, weather permitting) Allison	(C) Group Cycle Anissa (A) Strength Train Together Santee	(G) Boot Camp Leslie	(G) Cardio Mania Leslie (C) Group Cycle 45 mins Brandy	(C) Group Cycle Dana/Rebecca
9:30am	(G) Zumba@ Santee (A) Pilates Allison (C) Group Cycle Leslie	(A) Zumba Toning@ Santee (C) Beginner Cycle 45 mins Aimee	(G) Zumba@ Santee (A) Strength Train Together Allison	(C) Group Cycle Leslie (A) Barre Brandy (P) Aqua Zumba@ Santee	(G) Zumba@ Erin (A) Xtreme Pump Leslie	(A) Strength Train Together Dana/Erin
10:30am	(A) Strength Train Together Leslie (P) Aqua Mix Allison	(A) Candle Light Yoga Myrna (P) Aqua Mix Allison	(A) Flow Yoga Cathy (P) Aqua Mix Cindy	(G) Dance 4 Life Mary (P) Aqua Mix Brandy	(A) Strength Train Together Santee (P) Aqua Mix Allison	(A) Zumba@ Erin (P) Aqua Mix Cindy
11:30am	(A) Silversneakers ® Allison/Amy	(A) Silversneakers ® Aimee/Allison	(G) Line Dancing Barbara/Julianna	(A) Silversneakers Circuit ® Mary	(A) Silversneakers ® Allison	
11:50am	(G) Boot Camp 40 mins Leslie		(A) Strength Train Together Staff (STARTS 2/13/19)	(C) Group Cycle 40 mins Rebecca	<div style="border: 2px solid black; border-radius: 25px; padding: 10px; text-align: center;"> <p>(A) Studio A                      (G) Gym</p> <p>(C) Cycle Studio                (P) Pool</p> <p><b>Strength Train Together</b></p> <p><b>New Release starts 2/11!</b></p> <p><b>8 week fitness challenge</b></p> <p><b>ALL IN starts 2/11</b></p> <p><b>See Front desk for details</b></p> </div>	
4:30pm		(A) Strength Train Together Erin	(C) Group Cycle Rebecca			
5:30pm	(A) Strength Train Together Dana /Stephanie	(A) Zumba@ Erin	(A) Cardio Kickboxing Stephanie (P) Aqua Mix Yvonne	(A) Cardio Blast Dana/Erin		
6:30pm	(A) Flow Yoga Cathy (C) Group Cycle Dana/Brent	(C) Group Cycle Rebecca	(A) Flow Yoga II Cathy	(A) Strength Train Together Stephanie (C) Group Cycle Rebecca		