




Danville Family YMCA – October 2017 – Group Exercise



<p>1</p> <p>2:00 *Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Randy</p>	<p>2</p> <p>6:00 Cycle Don 8:00 GP/STT Karen 9:30 Pilates Madison 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle Wanda 4:30*Cycle 30 w/abs Robin 5:30 *Cycle Letitia 5:30 GP/STT Robin 6:40 *Box and Sculpt Ronnie 6:45 Zumba Cookie 6:40 Power Yoga Sonal.</p>	<p>3</p> <p>5:30 Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 Kung Fu Chad 9:15 WIM Madison 9:30 *Cycle Diana 10:30 Yoga Sonal 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Robin 4:30 Youth Yoga Lori 5:30 Step Mix William 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy/David 6:40 Pilates/Yoga Sonal</p>	<p>4</p> <p>5:45 STT/GP Leslie 8:00 STT/GP Karen/David 9:30 Pilates Gingy 11:30 Silver Stretch Kathy 4:30*Cycle 30 w/abs Robin 4:30 Youth Zumba Valerie 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey</p>	<p>5</p> <p>6:00 *TRX Don 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Robin 5:30 *Box and Sculpt Jon 5:40 Step Mix Robin 5:40 Yoga Letitia 6:40 Zumba Valerie 6:40 Kung Fu Chad</p>	<p>6</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP Jayne 9:15 REFIT Courtney 9:30 Yoga Frank 9:30 *Cycle Chad 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 5:00 Arms and abs Letitia NO POUND 5:30 *Cycle Letitia</p>	<p>7</p> <p>8:00 Cardio Mix William 9:30 *Cycle 30 w/abs Letitia 9:30 Zumba Tammy 10:30 Yoga Letitia 11:00 Silver Sneakers Donna</p>
<p>8</p> <p>2:00 *Cycle Letitia 2:00 Zumba Tammy 3:15 GP/STT David</p>	<p>9</p> <p>6:00 Cycle Don 8:00 GP/STT Jayne 9:30 Pilates Madison 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle Wanda 4:30*Cycle 30 w/abs Letitia 5:30 *Cycle Chad 5:30 GP/STT Leslie 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Sonal</p>	<p>10</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 Kung Fu Chad 9:15 WIM Madison 9:30 *Cycle Chad 10:30 Yoga Sonal 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Robin 4:30 Youth Yoga Lori 5:30 Step Mix Kristen 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal</p>	<p>11</p> <p>5:45 STT/GP David 8:00 STT/GP Karen 9:30 Pilates Gingy 11:30 Silver Stretch Kathy 4:30 *Cycle 30 w/abs Robin 4:30 Youth Zumba Valerie 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey</p>	<p>12</p> <p>6:00 *TRX Don 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Katie 5:30 *Box and Sculpt Jon 5:40 Step Mix William 5:40 Yoga Letitia 6:40 Zumba Tammy 6:40 Kung Fu Chad</p>	<p>13</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP Jayne 9:15 REFIT Courtney 9:30 Yoga Frank 9:30 *Cycle Karen 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 5:00 Arms and abs Robin 5:30 *POUND Lauren 5:30 *Cycle Robin</p>	<p>14</p> <p>8:00 *POUND Lauren 9:30 Cycle 30 w/abs Cindy 9:30 Zumba Cookie 10:30 Yoga Sonal 11:00 Silver Sneakers Kathy</p>
<p>15</p> <p>2:00 *Cycle Letitia 2:00 Zumba Valerie 3:15 GP/STT David</p>	<p>16</p> <p>6:00 *Cycle Don 8:00 GP/STT Jayne 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle Wanda 4:30 *Cycle 30 w/abs Robin 5:30 *Cycle Letitia 5:30 GP/STT Robin 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Sonal</p>	<p>17</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 Kung Fu Chad 9:15 WIM Sarah 9:30 *Cycle Letitia 10:30 Yoga Sonal 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Robin 4:30 Youth Yoga Lori 5:30 Step Mix Kristen 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal</p>	<p>18</p> <p>5:45 STT/GP Karen 8:00 STT/GP Dave 9:30 Pilates Gingy 11:30 Silver Stretch Kathy 4:30 *Cycle 30 w/abs Robin 4:30 Youth Zumba Valerie 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey</p>	<p>19</p> <p>6:00 *TRX Don 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Katie 5:30 *Box and Sculpt Jon 5:40 Step Mix Cindy 5:40 Yoga Leslie 6:40 Zumba Valerie 6:40 Kung Fu Chad</p>	<p>20</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP Karen 9:15 REFIT Courtney 9:30 Yoga Frank 9:30 *Cycle Chad 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 5:00 Arms and abs Letitia 5:30 *POUND Lauren 5:30 *Cycle Letitia</p>	<p>21</p> <p>8:00 POUND Lauren 9:30 *Cycle 30 w/abs Letitia 9:30 Zumba Cookie 10:30 Yoga Letitia 11:00 Silver Sneakers Wanda</p>

<p>22</p> <p>2:00 *Cycle Robin 2:00 Zumba Tammy 3:15 GP/STT Robin</p>	<p>23</p> <p>6:00 *Cycle Don 8:00 GP/STT Karen 9:30 Pilates Madison 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle Wanda 4:30 *Cycle 30 w/abs Robin 5:30 *Cycle Robin 5:30 GP/STT Katie 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Sonal</p>	<p>24</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 Kung Fu Chad 9:15 WIM Madison 9:30 *Cycle Chad 10:30 Yoga Sonal 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Letitia 4:30 Youth Yoga Lori 5:30 Step Mix Cindy 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal</p>	<p>25</p> <p>5:45 STT/GP Leslie 8:00 STT/GP David 9:30 Pilates Gingy 11:30 Silver Stretch Kathy 4:30 *Cycle 30 w/abs Robin 4:30 Youth Zumba Valerie 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Sonal</p>	<p>26</p> <p>6:00 *TRX Don 9:15 WIM Jayne 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Robin 5:30*Box and Sculpt Jon 5:40 Step Mix Katie 5:40 Yoga Letitia 6:40 Zumba Tammy 6:40 Kung Fu Chad</p>	<p>27</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP Jayne 9:15 REFIT Courtney 9:30 Yoga Frank 9:30 Cycle Karen 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 5:00 Arms and abs Robin 5:30 *POUND Lauren 5:30 *Cycle Robin</p>	<p>28</p> <p>8:00 Kickeboxing Mix Cindy 9:30 *Cycle 30 w/abs Cindy 9:30 Zumba Cookie 10:30 Yoga Sonal 11:00 Silver Sneakers Donna</p>
<p>29</p> <p>2:00 *Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Randy</p>	<p>30</p> <p>6:00 *Cycle Don 8:00 GP/STT Jayne 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle Wanda 4:30 *Cycle 30 w/abs Letitia 5:30 *Cycle Chad 5:30 GP/STT Katie 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Sonal</p>	<p>31</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 Kung Fu Chad 9:15 WIM Madison 9:30 *Cycle Karen 10:30 Yoga Sonal 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Robin 4:30 Youth Yoga Lori 5:30 Step Mix Kristen 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal</p>	 <p>As fall moves on – Be WISE and join us for a new class – bring a friend and keep coming back!</p>			

Changes this month:

- We are welcoming Karen to the CYCLE world – enjoy her helping us out in the mornings.
 - Sarah will be guest starring at a WIM on the 17th!
 - Cindy is coming back on our schedule and we are thrilled.
- Saturdays are going to be rotating at 8:00 AM for variety and to allow everyone to try new things.
- No TRX on Thursday nights – join us for KUNG FU with Chad or Zumba for a great workout.

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. John Fitzgerald Kennedy