




August 2017 – Group Fitness Danville Family YMCA



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Join us for Cardio Combo on August 4th to celebrate our great summer!</p> <p>Silver Stretch will return to 11:30 on August 9th.</p>		<p>1</p> <p>5:30 Box and Sculpt Jon 6:00 HIT Travis 9:15 WIM Madison 9:30 Cycle Diana 10:00 Yoga Sonal 10:30 TRX Don 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Letitia 4:30 Youth Yoga Lori 5:30 Step Mix Kristen 5:30 Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Yoga Kirsten</p>	<p>2</p> <p>5:45 STT/GP Randy 8:00 STT/GP Jayne 9:30 Pilates Gingy 10:30 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>3</p> <p>6:00 TRX Don 8:00 REFIT Courtney 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 Morgan 6:40 Zumba Valerie 6:40 TRX Lindsey 6:40 Yoga Sonal</p>	<p>4</p> <p>5:30 Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 STT/GP Jayne 9:30 Yoga Frank 9:30 Cycle Jessica <u>10 – 12 Cardio Combo (Gymnasium)</u> 5:00 Arms and abs 5:30 Cycle Robin</p>	<p>5</p> <p>8:00 Kickboxing Mix Cindy 9:30 Cycle 30 w/abs Cindy 9:30 Zumba Sonal 10:30 Yoga Sonal 11:00 Silver Sneakers Kathy/Donna</p>
		<p>6</p> <p>2:00 Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Randy/Robin</p>	<p>7</p> <p>6:00 Cycle Terrance 8:00 GP/STT Jayne/Karen 9:30 Pilates Sarah 9:30 Yoga Casey 10:30 Silver Shuffle Wanda 10:30 Senior TRX Lindsey 4:30 Cycle 30 w/abs Lindsey 5:30 Cycle Jessica 5:30 GP/STT Leslie 6:40 Box and Sculpt Ronnie 6:40 Zumba Morgan 6:40 Power Yoga Sonal</p>	<p>8</p> <p>5:30 Box and Sculpt Jon 6:00 HIT Travis 9:15 WIM Madison 9:30 Cycle Diana 10:00 Yoga Sonal 10:30 TRX Don 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Robin 4:30 Youth Yoga Frank 5:30 Step Mix Kristen 5:30 Box and Sculpt Jon 6:40 GP/STT Randy/David 6:40 Yoga Kirsten</p>	<p>9</p> <p>5:45 STT/GP Leslie/Randy 8:00 STT/GP Jayne/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>10</p> <p>6:00 TRX Don 8:00 REFIT Courtney 9:15 WIM Madison 10:30/12 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 GP/STT Katie/Robin 5:30 Box and Sculpt Jon 5:40 Step Mix Robin 6:40 Zumba Valerie 6:40 TRX Cindy 6:40 Yoga Letitia</p>
<p>13</p> <p>2:00 Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Robin/Randy</p>	<p>14</p> <p>6:00 Cycle Terrance 8:00 GP/STT Jayne/Karen 9:30 Pilates Sarah 9:30 Yoga Kirsten 10:30 Silver Shuffle Wanda 10:30 Senior TRX Lindsey 4:30 Cycle 30 w/abs Robin 5:30 Cycle Robin 5:30 GP/STT Leslie 6:40 Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Sonal</p>	<p>15</p> <p>5:30 Box and Sculpt Jon 6:00 HIT Travis 9:15 WIM Madison 9:30 Cycle Diana 10:00 Yoga Sonal 10:30 TRX Don 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Robin 5:30 Step Mix Katie 4:30 Youth Yoga Lori 5:30 Box and Sculpt Jon 6:40 GP/STT Randy/David 6:40 Yoga Letitia</p>	<p>16</p> <p>5:45 STT/GP Jayne 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>17</p> <p>6:00 TRX Don 8:00 REFIT Courtney 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 Katie 6:40 Zumba Valerie 6:40 TRX Letitia 6:40 Yoga Kirsten</p>	<p>18</p> <p>5:30 Box and Sculpt 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP Karen 9:30 Yoga Frank 9:30 Cycle Jessica 10:30 Senior TRX Leanne 5:00 Arms and abs 5:30 Cycle Letitia</p>	<p>19</p> <p>8:00 Kickboxing Mix Kristen 9:30 Cycle 30 w/abs Letitia 9:30 Zumba Cookie 10:30 Yoga Letitia 11:00 Silver Sneakers Kathy/Donna</p>

<p>20</p> <p>2:00 Cycle Letitia 2:00 Zumba Tammy 3:15 GP/STT Randy</p>	<p>21</p> <p>6:00 Cycle Terrance 8:00 GP/STT Karen 9:30 Pilates Madison 9:30 Yoga Kirsten 10:30 Silver Shuffle Wanda 10:30 Senior TRX Lindsey 4:30 Cycle 30 w/abs Lindsey 5:30 Cycle Letitia 5:30 GP/STT Robin 6:40 Box and Sculpt Ronnie 6:40 Zumba Morgan 6:40 Power Yoga Sonal</p>	<p>22</p> <p>5:30 Box and Sculpt Jon 6:00 HIT Travis 9:15 WIM Madison 9:30 Cycle Jessica 10:00 Yoga Sonal 10:30 TRX Don 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Robin 4:30 Youth Yoga Lori 5:30 Step Mix Morgan 5:30 Box and Sculpt Jon 6:40 GP/STT Randy/David 6:40 Yoga Frank</p>	<p>23</p> <p>5:45 STT/GP Jayne 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>24</p> <p>6:00 TRX Don 8:00 REFIT Courtney 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 Robin 6:40 Zumba Valerie 6:40 TRX Lindsey 6:40 Yoga Leslie</p>	<p>25</p> <p>5:30 Box and Sculpt Jon 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP Jayne 9:30 Yoga Frank 9:30 Cycle Jessica 10:30 Senior TRX Lindsey 5:00 Arms and abs 5:30 Cycle Robin</p>	<p>26</p> <p>8:00 Kickboxing Mix William 9:30 Cycle 30 w/abs Letitia 9:30 Zumba 10:30 Yoga Sonal 11:00 Silver Sneakers Kathy/Donna</p>
<p>27</p> <p>2:00 Cycle Robin 2:00 Zumba Tammy 3:15 GP/STT Robin</p>	<p>28</p> <p>6:00 Cycle Terrance 8:00 GP/STT Jayne 9:30 Pilates Madison 9:30 Yoga Kirsten 10:30 Silver Shuffle Wanda 10:30 Senior TRX Lindsey 4:30 Cycle 30 w/abs Robin 5:30 Cycle Robin 5:30 GP/STT Katie 6:40 Box and Sculpt 6:40 Zumba Kristen 6:40 Power Yoga Sonal</p>	<p>29</p> <p>5:30 Box and Sculpt Jon 6:00 HIT Travis 9:15 WIM Madison 9:30 Cycle Jessica 10:00 Yoga Sonal 10:30 TRX Don 10:30/12 Silver Sneakers Kathy/Donna 4:30 Cardio Mix Katie 4:30 Youth Yoga Lori 5:30 Step Mix Kristen 5:30 Box and Sculpt Jon 6:40 GP/STT Randy/David 6:40 Yoga Frank</p>	<p>30</p> <p>5:45 STT/GP Leslie 8:00 STT/GP 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>31</p> <p>6:00 TRX Don 8:00 REFIT Courtney 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 Katie 6:40 Zumba Valerie 6:40 TRX Letitia 6:40 Yoga Kirsten</p>		



Group Fitness at the Y has seen a lot of changes – we will miss familiar faces but are excited to have new faces and familiar faces in new places – let’s show our new folks a Y welcome.

Please join us for a new class this month, bring a friend, and start habits that will make great things happen!