



February 2018 – Group Exercise – Danville Family YMCA



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>*indicates limited space, pick up a card at the Wellness Desk</p> <p>Don't miss BOOT CAMP with Sarah and Nick on Saturday, February 17th at 8:00 AM!</p>			<p>1</p> <p>6:00 *TRX Don 8:00 Kung Fu Chad 8:00 HITT Travis 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 5:40 Yoga Letitia 6:40 Zumba Tammy 6:40 Kung Fu Chad</p>	<p>2</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 9:15 *Cycle Diana 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 5:30 *POUND Lauren 5:30 *Cycle Cindy</p>	<p>3</p> <p>8:00 *POUND Lauren 9:30 *Cycle 30 w/abs Robin 9:30 Zumba Cookie 10:30 Yoga Sonal 11:00 Silver Sneakers Donna</p> <hr/> <p>4</p> <p>2:00 *Cycle Robin 2:00 Zumba Valerie 3:15 GP/STT Robin</p>
<p>5</p> <p>6:00 *Cycle Don 8:00 GP/STT David 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle 4:30 *Cycle 30 w/abs Robin 5:30 *Cycle Cindy 5:30 GP/STT Leslie 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Sonal</p>	<p>6</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 TRX Chad 9:15 WIM Madison 9:15 *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 6:40 Pilates/Yoga Sonal</p>	<p>7</p> <p>5:45 STT/GP David 8:00 STT/GP Karen 9:30 Pilates Gingy 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 *Cycle 30 w/abs Robin 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey</p>	<p>8</p> <p>6:00 *TRX Don 8:00 Kung Fu Chad 8:00 HITT Travis 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 5:40 Yoga Letitia 6:40 Zumba Valerie 6:40 Kung Fu Chad</p>	<p>9</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 9:15 *Cycle Diana 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 5:30 *POUND Lauren 5:30 *Cycle Robin</p>	<p>10</p> <p>8:00 Cardio Mix William 9:30 *Cycle 30 w/abs Cindy 9:30 Zumba Tammy 10:30 Yoga Letitia 11:00 Silver Sneakers Wanda</p> <hr/> <p>11</p> <p>2:00 *Cycle Robin 2:00 Zumba Tammy 3:15 GP/STT Randy</p>
<p>12</p> <p>6:00 *Cycle Don 8:00 GP/STT Karen 9:30 Pilates Sonal 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle 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 Valerie 6:40 Power Yoga Sonal</p>	<p>13</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 TRX Chad 9:15 WIM Madison 9:15 *Cycle Diana 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 Kristen 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal</p>	<p>14</p> <p>5:45 STT/GP Leslie 8:00 STT/GP David 9:30 Pilates Madison 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 *Cycle 30 w/abs Robin 5:30 Cardio Mix William 6:40 NO Barre Sculpt 6:40 Power Yoga Casey</p>	<p>15</p> <p>6:00 *TRX Don 8:00 Kung Fu Chad 8:00 HITT Travis 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 William 5:40 Yoga Letitia 6:40 Zumba Valerie 6:40 Kung Fu Chad</p>	<p>16</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP David 9:15 REFIT Courtney 9:30 Yoga Frank 9:15 *Cycle Karen 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 5:30 *POUND Lauren 5:30 *Cycle Robin</p>	<p>17</p> <p>8:00 Boot Camp – Nick and Sarah 9:30 *Cycle 30 w/abs Letitia 9:30 Zumba Cookie 10:30 Yoga Sonal 11:00 Silver Sneakers Kathy</p> <hr/> <p>18</p> <p>2:00 *Cycle Robin 2:00 Zumba Valerie <u>3:15 GP/STT Robin/Randy</u> <u>GP/STT IS ALL NEW!</u></p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>19</p> <p>6:00 *Cycle Don 8:00 GP/STT Karen/David 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle 4:30 *Cycle 30 w/abs Chad 5:30 *Cycle Letitia 5:30 GP/STT Randy/Robin 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Sonal</p>	<p>20</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 TRX Chad 9:15 WIM Madison 9:15 *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/Katie 6:40 Pilates/Yoga Sonal</p>	<p>21</p> <p>5:45 STT/GP Leslie 8:00 STT/GP David/Karen 9:30 Pilates Gingy 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 *Cycle 30 w/abs Robin 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey</p>	<p>22</p> <p>6:00 *TRX Don 8:00 Kung Fu Chad 8:00 HITT Travis 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 Kristen 5:40 Yoga Leslie 6:40 Zumba Valerie 6:40 Kung Fu Chad</p>	<p>23</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Lori 6:00 HIT Travis 8:00 STT/GP Karen/David 9:15 REFIT/Zumba Valerie 9:30 Yoga Frank 9:15 *Cycle Chad 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 5:30 *POUND Lauren 5:30 *Cycle Letitia</p>	<p>24</p> <p>8:00 Cardio Mix William 9:30 *Cycle 30 w/abs Cindy 9:30 Zumba Cookie 10:30 Yoga Letitia 11:00 Silver Sneakers Wanda</p> <hr/> <p>25</p> <p>2:00 *Cycle Letitia 2:00 Zumba Tammy 3:15 GP/STT David</p>
<p>26</p> <p>6:00 *Cycle Don 8:00 GP/STT Karen 9:30 Pilates Sonal 9:30 Yoga Frank 10:30 *Senior TRX Chad 11:30 *Senior TRX Chad 10:30 Silver Shuffle 4:30 *Cycle 30 w/abs Robin 5:30 *Cycle Cindy 6:40 *Box and Sculpt Ronnie 6:40 Zumba Kristen 6:40 Power Yoga Sonal</p>	<p>27</p> <p>5:30 *Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 TRX Chad 9:15 WIM Madison 9:15 *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 Katie 5:30 *Box and Sculpt Jon 6:40 GP/STT Randy 6:40 Pilates/Yoga Sonal</p>	<p>28</p> <p>5:45 STT/GP David 8:00 STT/GP Karen 9:30 Pilates Gingy 11:30 Silver Stretch Kathy 12:00 Yoga Cyndi 4:30 *Cycle 30 w/abs Letitia 5:30 Cardio Mix William 6:40 Barre Sculpt Gingy 6:40 Power Yoga Casey</p>	<div style="border: 1px solid black; padding: 10px;"> <p>GROUP POWER/STT IS ALL NEW THIS MONTH!</p> <p>Check out the preview beginning February 18th and running the entire week!</p> <p>Join us and experience change.</p> </div>		

The hardest thing about exercise is to **start** doing it. Once you are doing **exercise regularly**, the hardest thing is to **stop** it.

Start with us!