



SHERMAN LAKE YMCA

Group Fitness Schedule

Winter 2016

	MON	TUES	WED	THURS	FRI	SAT
5:45 AM				SPINNING Yvette		
6:15 AM	SPINNING Sally	BODY BLAST Sheila	SPINNING Sheila			
7:30 AM	GENTLE YOGA Leslie	SPINNING Colleen	POWER YOGA Leslie	SPINNING Sally	GENTLE YOGA Leslie	(7:15) SPINNING Mike
8:00 AM	WATER AEROBICS Pam	GENTLE AQUA STRETCH Janice	WATER AEROBICS Margaret	GENTLE AQUA STRETCH Janice	WATER AEROBICS Janice	(8:15) WATER AEROBICS Sally
8:30 AM	CARDIO KICK (30 Minutes) Deb G.	ZUMBA Svenja	BURST (30 Minutes) Deb G.	REFIT Colleen	STEP (30 Minutes) Deb G.	TRX Matt
8:30 AM		INTERM/ADV PILATES Terri		INTRO TO PILATES Terri		
9:00 AM	STRENGTH & STRETCH Deb G.		STRENGTH & STRETCH Deb G.		STRENGTH & STRETCH Deb G.	
9:15 AM	GENTLE STRENGTH & STRETCH Sally	Y WEIGHTS (30 Minutes) Rebecca	GENTLE STRENGTH & STRETCH Sally	Y WEIGHTS (30 Minutes) Rebecca		
10:30 AM						YOGAFIT Leah
5:15 PM	BASIC/INTER. PILATES Deb B.		BASIC/INTER. PILATES Deb B.		Class schedule effective Jan 4 - April 1, 2016 <i>Please note that scheduling changes do occasionally occur. We do our best to minimize those changes and inform you in advance, and we apologize for any inconvenience. To confirm the schedule, please call the Front Desk at 731-3032.</i> Revised 12/22/15	
5:30 PM	Y WEIGHTS (30 Minutes) Steph	YOGAFIT Leah	Y WEIGHTS (30 Minutes) Steph	YOGAFIT PLUS Leah		
6:00 PM		WATER AEROBICS Lisa		WATER AEROBICS Kathy		
6:15 PM	REFIT Colleen		REFIT Meghan			
6:15 PM	INTER./ADV PILATES Deb B.		INTER./ADV PILATES Deb B.			
6:30 PM		SPINNING Mike		SPINNING Sheila		

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