


# FOGLIA YMCA GROUP FITNESS SCHEDULE

April 20 - June 7, 2008 (Spring II Session)

Wellness Center Phone: (847) 410-5378

\*\*\* = New Class This Session

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	5:30 - 6:15 AM Group Cycle Lois - CS	5:30 - 6:30 AM Muscle Conditioning Kaysi - AS	5:30 - 6:15 AM Group Cycle Lois - CS	5:20 - 6:20 AM Pilates (level 1&2) Chris N. - YPS	5:30 - 6:30 AM Muscle Conditioning Susan - AS	6:15 - 7:45 AM Group Cycle Caroline - CS	
Closed	6:30 - 7:30 AM Group Cycle Joe - CS	5:30 - 6:30 AM Group Cycle Kay - CS	7:30 - 8:25 AM 20/20/20 Kay - AS	5:30 - 6:30 AM Group Cycle Jan - CS	7:30 - 8:30 AM Group Cycle Joe - CS	7:45 - 8:45 AM Muscle Conditioning Julie - AS	
8:30 - 9:30 AM Pilates (level 1&2) Laura Ci. - YPS	7:45 - 8:15 AM Muscle Express Amy - AS	7:00 - 8:00 AM \$Golf Conditioning*** Chris L. - AS	8:30 - 9:30 AM Group Cycle Sue - CS	7:00 - 8:00 AM \$Golf Conditioning*** Chris L. - AS	8:30 - 9:30 AM Step Circuit & Abs Amy K. - AS	8:00 - 9:00 AM Group Cycle - CS Kay - CS	
9:00 - 9:50 AM Group Cycle Michael - CS	8:30 - 9:30 AM Step & Abs Stacy G./ Maria- AS	8:30 - 9:30 AM 20/20/20 Cindy M. - AS	8:30 - 9:30 AM Muscle Conditioning Deb V. - AS	8:30 - 9:30 AM 20/20/20 Jennifer - AS	8:30 - 9:30 AM Pilates (level 1) Chris N. - YPS	8:00 - 9:00 AM Yoga (level 1&2) Kandy - YPS	
9:00 - 10:00 AM Step- AS Sara/Stacy B - AS	9:00 - 10:00 AM Group Cycle Michele - CS	8:45 - 9:45 AM Group Cycle Jenise - CS	8:45 - 9:45 AM Yoga (level 1&2) Kandy - YPS	9:00 - 10:00 AM Group Cycle Kay - CS	9:00 - 10:00 AM Group Cycle Jan - CS	9:00 - 10:00 AM Step & Abs Stacy B/Amoret - AS	
9:40 - 10:40 AM Yoga (level 1&2) Lois - YPS	9:40 - 10:40 AM Muscle Conditioning Kay - AS	9:30 - 10:30 AM Pilates (level 1) Amy N. - YPS	9:40 - 10:40 AM Step & Abs Deb V. - AS	9:30 - 10:30 AM Pilates (level 1) Amy N. - YPS	9:40 - 10:40 AM Muscle Conditioning Chris N. - AS	9:30 - 10:30 AM Pilates (level 1&2) Caroline - YPS	
10:00 - 11:00 AM Core & Muscle Conditioning Sara/Stacy - AS	9:45 - 10:45 AM Pilates Chris N. - YPS	10:00 - 11:00 AM \$Ultimate S.E.T. Kaysi - AS	9:50 - 10:40 AM Core Synergy Kay - YPS	10:00 - 11:00 AM \$Zumba Jacqui - AS	10:30 - 11:30 AM Yoga (level 1&2) Rachel - YPS	10:00 - 10:45 AM Muscle Conditioning Stacy/Amoret - AS	
10:45 - 12:45 PM \$YOGA WORKSHOP (See Below)	10:45 - 11:30 AM \$Leg/Hip/Butt/Thigh Makeover Level III *** Kay - AS		11:30 - 12:15 PM Low Impact All Over Fitness Deb V. - AS		10:45 - 11:30 AM \$Leg/Hip/Butt/Thigh Makeover Level III*** Kay - AS	10:40 - 11:10 AM Kids Yoga Ages 4-7 Karen/Rachel	
11:00 - 12:00 PM Cardio Kickboxing Jeff S. - AS	11:30 - 12:15 PM Low Impact All Over Fitness Lisa - AS	12:20 - 12:50 PM Group Cycle Lisa - CS	12:30 - 1:30 PM \$Tai Chi Jamison - YPS	11:45 - 12:45 PM Cy-Yo Fusion *** Chris N.	11:30 - 12:15 PM Low Impact All Over Fitness Jennifer - AS	11:15 - 11:45 Kids Yoga *** Ages 8-12 Karen/Rachel	
12:15 - 1:15 PM \$Karate Jeff S. - AS	12:30 - 1:30 PM \$Tai Chi Jamison - YPS	1:00 - 2:00 PM Muscle Conditioning Lisa - AS	4:30 - 5:15 PM Core Synergy Amy K. - AS	1:00 - 2:00 PM Muscle Conditioning Lisa - AS	12:30 - 1:30 PM \$Tai Chi Jamison - YPS	11:00 - 12:00 PM \$Zumba Jacqui-AS	
		4:30 - 5:00 PM Cardio Mix Maribeth - AS	5:15 - 6:00 PM Youth/Teen Fitness*** Jennifer - AS	4:30 - 5:30 PM Kickboxing*** Stacy B - AS			
<b>\$Yoga Workshop w/ Kandy &amp; Holly</b>  3 <sup>rd</sup> Sunday of Month  10:45 am- 12:45 pm  April 20 <sup>th</sup> Backbends  (All levels welcome)  Sign up at Member Relations!	5:15 - 6:00 PM Youth/Teen Fitness*** Jennifer - AS	5:00 - 5:45 PM Muscle Conditioning Maribeth - AS	5:30 - 6:30 PM Yoga (level 1&2) Karen - YPS	5:30 - 6:30 PM Group Cycle Jenise - CS	5:30 - 6:30 PM 20/20/20 Kay/Jennifer - AS	CLOSED  Foglia YMCA	
	5:30 - 6:30 PM Group Cycle Kris - CS		5:30 - 6:15 PM Group Cycle Debbie O. - CS	5:30 - 6:30 PM Pilates (level 1&2) Steve - YPS			
	6:00 - 6:45 PM Step Circuit Sara - AS	5:45 - 6:45 PM Yoga Holly - YPS	6:00 - 7:00 PM \$Zumba Jennifer - AS	6:00 - 7:00 PM Interval Blast Susan - AS	<b>Foglia YMCA Hours</b> Monday - Friday: 5:00 AM - 10:00 PM Saturday: 5:30 AM - 6:00 PM Sunday: 8:00 AM - 5:00 PM		
	6:30 - 7:30 PM Yoga (level 1&2) Lois - YPS	7:00 - 7:50 PM Group Cycle Michael - CS	6:30 - 7:30 PM Pilates (level 1) Romelle - YPS	6:30 - 7:30 PM Restorative Yoga Karen - YPS	<b>'Mazing Kids Hours</b> Monday - Thursday: 8:00 AM-8:30 PM Friday: 8:00 AM - 6:30 PM Saturday: 8:00 AM - 1:00 PM Sunday: Closed		
	6:45 - 7:30 PM Muscle Conditioning Sara - AS	7:00 - 8:00 PM Yoga (level 1&2) Rachel - YPS	7:00 - 8:00 PM Muscle Conditioning Amy N. - AS		<b>Youth/Teen Center Hours</b> Monday - Friday: 3:00 PM- 7:00 PM		
		7:00 - 7:45 PM \$Leg/Hip/Butt/Thigh Makeover Level III*** Jacqui - AS	7:00 - 8:00 PM Group Cycle Michael- CS	7:00 - 8:00 PM \$Leg/Hip/Butt/Thigh Makeover Level III*** Jacqui - AS			<b>Class Location Guide</b> AS = Aerobic Studio CS = Cycle Studio PT = Personal Trainer Studio YPS = Yoga/Pilates Studio
	7:45 - 8:00 PM Core Blast Jacqui - AS	7:00 - 8:00 PM \$Brazilian Jui-jitsu Parviz - YPS	7:45 - 8:00 PM Core Blast Jacqui - AS				

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