



Bell Road Group Exercise July / August / September 2010

Instructors are Subject to Change without Notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul.25	Jul.26	Jul.27	Jul.28	Jul.29	Jul.30	Jul.31
2:00 Step It Up-Blake 90min	5:30 Spin-Charles 8:30 Fit for Life-Kim M 8:30 TURBO-Julie 8:45 Spin-Emily 9:30 BodyPump-Alexis 10:45 Pilates-Shea 4:30 Step it Up-Linda 5:30 Golden Gloves-Kat 5:45 Spin-Kim T 6:30 BodyPump-Becky	8:30 StepItUp-Julie 8:45 Spin-Shea 9:30 Yoga-Heather 12:00 BodyPump-Gino 4:30 Beg. Cardio-Kim T 5:30 H.E.A.T.-Kat 5:45 Spin-Johnny 6:30 Yoga-Susie	5:30 Spin-Wanda 8:30 Fit for Life-Susie 8:30 DanceParty- TBA 8:45 Spin-Charles 9:30 BodyPump-Becky 10:45 Yoga-Heather 4:30 Step it Up-Julie 5:30 Dance Party-Kat 5:45 Spin-Marlea 6:30-BodyPump-Anita	8:30 Fit Drills-Emily B 8:45 Spin-Julie 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 Beg. Step-Blake 5:30 StepItUp-Linda 5:45 Spin-Kat 6:30- Pilates-Leigh	5:30 Spin-Marlea 8:30 Fit ForLife-Kim 8:30 GoldenGloves-Shea 8:45 Spin-Ellen 9:30 BodyPump-Becky 10:45 Yoga-Alexis 5:30 Step It Up- Blake	8:30 Dance-Kat 8:30 Spin-Wayne 9:30 Beg Spin- Kat 9:30 BodyPump-Becky 10:45 Pilates- Leigh
Aug.1	Aug.2	Aug.3	Aug.4	Aug.5	Aug.6	Aug.7
2:00 Spin-Kim T 90min	5:30 Spin-Charles 8:30 Fit for Life-Sharon 8:30 TURBO-Denise 8:45 Spin-Emily 9:30 BodyPump-Alexis 10:45 Pilates-Shea 4:30 Step it Up-Linda 5:30 Golden Gloves-Kat 5:45 Spin-Johnny 6:30 BodyPump-Becky	8:30 Step it Up-Blake 8:45 Spin-Charles 9:30 Yoga-Heather 12:00 BodyPump-Marcie 4:30 Beg. Cardio-Kim T 5:30 H.E.A.T.-Kat 5:45 Spin-Johnny 6:30 Yoga-Kathleen	5:30 Spin-Wanda 8:30 Fit for Life-Sharon 8:30 DanceParty-Denise 8:45 Spin-Becky 9:30 BodyPump-Susie 10:45 Yoga-Kathleen 4:30 Step it Up-Linda 5:30 Dance Party-Kat 5:45 Spin-Marlea 6:30-BodyPump-Marcie	8:30 Fit Drills-Ellen 8:45 Spin-Shea 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 Beg. Step-Blake 5:30 Step It Up-Linda 5:45 Spin-Becky 6:30 Pilates-Leigh	5:30 Spin-Marlea 8:30 Fit For Life-Kim 8:30 GoldenGloves-Shea 8:45 Spin-Emily 9:30 BodyPump-Becky 10:45 Yoga-Kathleen 5:30 Spin-Kristina 5:30 StepItUp-Susie	8:30 Step It Up-Bethany 8:30 Spin- Kim T 9:30 BodyPump-Kim T 9:30 BodyPump-Susie 10:45 Yoga-Susie
Aug.8	Aug.9	Aug.10	Aug.11	Aug.12	Aug.13	Aug.14
2:00 Step It Up-Linda 90min	5:30 Spin-Charles 8:30 Fit for Life-Kim M 8:30 TURBO-Denise 8:45 Spin-Emily 9:30 BodyPump-Marcie 10:45 Pilates-Shea 4:30 Step It Up-Linda 5:30 Golden Gloves-Kat 5:45 Spin-Johnny 6:30 Body Pump-Becky	8:30 Step it Up-Blake 8:45 Spin-Shea 9:30 Yoga-Shea 12:00 BodyPump-Gino 4:30 Beg.Cardio-Kim T 5:30 H.E.A.T.-Kat 5:45 Spin-Johnny 6:30 Yoga-Susie	5:30 Spin-Wanda 8:30 Fit for Life-Susie 8:30 DanceParty-Denise 8:45 Spin-Charles 9:30 BodyPump-Becky 10:45 Yoga-Shea 4:30 Step it Up-Mary Kat 5:30 Dance Party-Kat 5:45 Spin-Marlea 6:30-BodyPump-Anita	8:30 Fit Drills-Emily B 8:45 Spin-Wayne 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 Beg. Step-Blake 5:30 Step It Up-Linda 5:45 Spin-Kat 6:30 Pilates-Sharron	5:30 Spin-Marlea 8:30 Fit ForLife-Kim M 8:30 GoldenGloves-Shea 8:45 Spin-Emily 9:30 BodyPump-Susie 10:45 Yoga-Shea 5:30 BodyPump-Sherry	8:30 Step it Up-Andretta 8:30 Spin- Wanda 9:30 Beg Spin-Becky 9:30 BodyPump-Becky 10:45 Yoga-Kathleen
Aug.15	Aug.16	Aug.17	Aug.18	Aug.19	Aug.20	Aug.21
2:00 Spin-Wanda 90min	5:30 Spin-Charles 8:30 Fit for Life-Kim M 8:30 TURBO-Denise 8:45 Spin-Wayne 9:30 BodyPump-Wendy 10:45 Pilates-Shea 4:30 Step it Up-Linda 5:30 Golden Gloves-Kat 5:45 Spin-Johnny 6:30 BodyPump-Sherry	8:30 Step it Up-Julie 8:45 Spin-Charles 9:30 Yoga-Heather 12:00 BodyPump-Gino 4:30 Beg.Cardio-Kim T 5:30 H.E.A.T.-Kat 5:45 Spin-Johnny 6:30 Yoga-Kathleen	5:30 Spin-Wanda 8:30 Fit for Life-Sharon 8:30 DanceParty-Mary Kat 8:45 Spin-Becky 9:30 BodyPump-Susie 10:45 Yoga-Kathleen 4:30 Step It Up-Linda 5:30 Dance Party-Kat 5:45 Spin-Marlea 6:30-BodyPump-Marcie	8:30 Fit Drills-Ellen 8:45 Spin-Shea 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 Beg. Step-Blake 5:30 Step It Up-Linda 5:45 Spin-Becky 6:30 Pilates-Sharron	5:30 Spin-Marlea 8:30 Fit For Life-Sharon 8:30 GoldenGloves-Wendy 8:45 Spin-Julie 9:30 BodyPump-Wendy 10:45 Yoga-Kathleen 5:30 Spin-Kristina 5:30 Step It Up- Michele	8:30 StepItUp-Andretta 8:30 Spin- Emily B 9:30 Beg Spin-Emily B 9:30 BodyPump-Marcie 10:45 Yoga-Susie
Aug.22	Aug.23	Aug.24	Aug.25	Aug.26	Aug.27	Aug.28
2:00 StepItUp-Michelle 90min	5:30 Spin-Charles 8:30 Fit for Life-Sharon 8:30 TURBO-Julie 8:45 Spin-Emily 9:30 BodyPump-Marcie 10:45 Pilates-Shea 4:30 Step It Up-Linda 5:30 Golden Gloves-Kat 5:45 Spin-Kim T 6:30 Body Pump-Susie	8:30 Step it Up-Julie 8:45 Spin-Shea 9:30 Yoga-Shea 12:00 BodyPump-Gino 4:30 Beg. Cardio-Kim T 5:30 H.E.A.T.-Kat 5:45 Spin-Johnny 6:30 Yoga-Susie	5:30 Spin-Wanda 8:30 Fit for Life-Sharon 8:30 DanceParty-Mary Kat 8:45 Spin-Charles 9:30 BodyPump-Becky 10:45 Yoga-Shea 4:30 Step it Up-Julie 5:30 Dance Party-Kat 5:45 Spin-Marlea 6:30-BodyPump-Anita	8:30 Fit Drills-Ellen 8:45 Spin-Julie 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 Beg. Step-Blake 5:30 Step It Up-Linda 5:45 Spin-Kat 6:30 Pilates-Leigh	5:30 Spin- Marlea 8:30 Fit For Life-Kim 8:30 GoldenGloves-Shea 8:45 Spin-Ellen 9:30 BodyPump-Wendy 10:45 Yoga-Shea 5:30 BodyPump-Sherry	8:30 Dance-Linda 8:30 Spin- Wanda 9:30 Beg Spin-Wanda 9:30 BodyPump-Pam 10:45 Yoga-Shea
Aug.29	Aug.30	Aug.31	Sept.1	Sept.2	Sept.3	Sept.4
2:00 Spin-Wayne 90min	5:30 Spin-Charles 8:30 Fit for Life-Sharon 8:30 TURBO-Julie 8:45 Spin-Emily 9:30 BodyPump-Wendy 10:45 Pilates-Shea 4:30 Step it Up-Linda 5:30 Golden Gloves-Kat 5:45 Spin-Kim T 6:30 BodyPump-Susie	8:30 Step it Up-Julie 8:45 Spin-Charles 9:30 Yoga-Shea 12:00 BodyPump-Gino 4:30 Beg. Cardio-Kim T 5:30 H.E.A.T.-Kat 5:45 Spin-Johnny 6:30 Yoga-Kathleen	5:30 Spin-Wanda 8:30 Fit for Life-Susie 8:30 DanceParty-Julie 8:45 Spin-Becky 9:30 BodyPump-Becky 10:45 Yoga-Shea 4:30 Step it Up-Linda 5:30 Dance Party-Kat 5:45 Spin-Marlea 6:30-BodyPump-Marcie	8:30 Fit Drills-Ellen 8:45 Spin-Shea 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 Beg Step-Blake 5:30 Step It Up-Linda 5:45 Spin-Becky 6:30 Pilates-Sharon	5:30 Spin-Marlea 8:30 Fit For Life-Kim M 8:30 GoldenGloves-Wendy 8:45 Spin-Julie 9:30 BodyPump-Wendy 10:45 Yoga- Shea 5:30 Spin-Wayne 5:30 Step It Up- Susie	Happy Labor Day!!!!

B=Beginner I=Intermediate A=Advanced E=Everyone

Feel free to try any class. Find the ones which best fit your needs and level. Advanced classes just sometimes indicate more choreography, not necessarily higher intensity.

Beginner Cardio—This is a low-impact class of instructor's choice—kickboxing, step, drills. B

Body Pump— Weight training for the entire body, uses strong choreography and fun music. E

Dance Party— Make your time with us fun! We really can't even call it a "workout" because it is SO MUCH FUN!!! Come to the party and be ready to sweat it out to fun music and low impact moves. E

Fit Drills—We've thrown choreography away!!! It's a workout based on sports drills to promote cardiovascular, muscular strength and endurance. I, A

Fit For Life— .A class designed for active older adults, filled with low impact moves incorporating cardio, weights and flexibility E

Gravity— An upbeat, choreographed 45-minute, total body, strength training workout designed to maximize time and efficiency utilizing the gravity Machine E

Golden Gloves—Learn genuine boxing and kickboxing skills while using sturdy, heavy bags and mitts. This is a great cardiovascular workout coupled with resistance training from contact with the bag. Gloves and wraps required. I

H.E.A.T.—High Energy Aerobic Training—Class designed to work at intense cardio intervals mixed with muscular strength and endurance sets and core training. I, A

Step It Up—A step class for the stepper who enjoys high energy workouts with cardio consisting of only step aerobics. I, A

Spinning—Group cycling classes. E

TURBO—Kickboxing with style and packed with powerful moves and music!! I, A

Yoga—A class focusing on creating balance in the body through developing both strength and flexibility. E

Pilates— A weight training class. E

Aqua—Low impact shallow water aquatic exercise class held in our indoor pool. E

Deep Aqua—Aquatic exercise held in the deep water using flotation belts. E



**MONTGOMERY
YMCA**

Y's Up at Somerset

July / August / September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul. 26 5:30 GRAVITY-Triston 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Jul. 27 5:30 GRAVITY-Brett 8:30 GRAVITY-Kristina 12:00 GRAVITY-Diana 5:30 GRAVITY-Triston	Jul. 28 5:30 GRAVITY-Brett 9:30 GRAVITY-MaryA 6:00 GRAVITY-Kristina	Jul. 29 5:30 GRAVITY-Erin 8:30 GRAVITY-Diana 12:00 GRAVITY-Diana 5:30 GRAVITY-Bethany	Jul. 30 5:30 GRAVITY-MaryA 8:30 GRAVITY-Stephanie 9:30 GRAVITY-Erin	Jul. 31 9:00 GRAVITY-Tangie
Aug. 2 5:30 GRAVITY-Brett 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Aug. 3 5:30 GRAVITY-Erin 8:30 GRAVITY-Triston 12:00 GRAVITY-Erin 5:30 GRAVITY-Kristina	Aug. 4 5:30 GRAVITY-Brett 9:30 GRAVITY-MaryA 6:00 GRAVITY-Rhea	Aug. 5 5:30 GRAVITY-Steph 8:30 GRAVITY-Erin 12:00 GRAVITY-Diana 5:30 GRAVITY-Triston	Aug. 6 5:30 GRAVITY-MaryA 8:30 GRAVITY-Rhea 9:30 GRAVITY-Triston	Aug. 7 9:00 GRAVITY-Erin
Aug. 9 5:30 GRAVITY-Triston 9:30 GRAVITY-Diana 6:00 GRAVITY-Stephanie	Aug. 10 5:30 GRAVITY-Brett 8:30 GRAVITY-Kristina 12:00 GRAVITY-Erin 5:30 GRAVITY-Triston	Aug. 11 5:30 GRAVITY-Brett 9:30 GRAVITY-MaryA 6:00 GRAVITY-Kristina	Aug. 12 5:30 GRAVITY-Erin 8:30 GRAVITY-Delisa 12:00 GRAVITY-Diana 5:30 GRAVITY-Triston	Aug. 13 5:30 GRAVITY-ErinMaryA 8:30 GRAVITY-Stephanie 9:30 GRAVITY-Triston	Aug. 14 9:00 GRAVITY-Pam
Aug. 16 5:30 GRAVITY-Brett 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Aug. 17 5:30 GRAVITY-MaryA 8:30 GRAVITY-Triston 12:00 GRAVITY-Erin 5:30 GRAVITY-Kristina	Aug. 18 5:30 GRAVITY-Brett 9:30 GRAVITY-MaryA 6:00 GRAVITY-Rhea	Aug. 19 5:30 GRAVITY-Stephanie 8:30 GRAVITY-Erin 12:00 GRAVITY-Delisa 5:30 GRAVITY-Erin	Aug. 20 5:30 GRAVITY-MaryA 8:30 GRAVITY-Rhea 9:30 GRAVITY-Erin	Aug. 21 9:00 GRAVITY-Kristina
Aug. 23 5:30 GRAVITY-Triston 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Aug. 24 5:30 GRAVITY-Brett 8:30 GRAVITY-Kristina 12:00 GRAVITY-Erin 5:30 GRAVITY-Triston	Aug. 25 5:30 GRAVITY-Brett 9:30 GRAVITY-MaryA 6:00 GRAVITY-Kristina	Aug. 26 5:30 GRAVITY-Erin 8:30 GRAVITY-Delisa 12:00 GRAVITY-Delisa 5:30 GRAVITY-Triston	Aug. 27 5:30 GRAVITY-MaryA 8:30 GRAVITY-Stephanie 9:30 GRAVITY-Erin	Aug. 28 9:00 GRAVITY-Delisa
Aug. 30 5:30 GRAVITY-Brett 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Aug. 31 5:30 GRAVITY-Erin 8:30 GRAVITY-Triston 12:00 GRAVITY-Erin 5:30 GRAVITY-Kristina	Sept. 1 5:30 GRAVITY-Brett 9:30 GRAVITY-MaryA 6:00 GRAVITY-Rhea	Sept. 2 5:30 GRAVITY-Stephanie 8:30 GRAVITY-Erin 12:00 GRAVITY-Erin 5:30 GRAVITY-Triston	Sept. 3 5:30 GRAVITY-MaryA 8:30 GRAVITY-Rhea 9:30 GRAVITY-Triston	Sept. 4 Happy Labor Day!!!!

July / August / September Group Aqua Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul. 26 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Roxanne 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Sharon 6:00 Aqua-Susan D	Jul. 27 5:30 Aqua-Shirley 6:30 Low Intensity-Shirley 8:15 Aqua-Jennifer 9:30 Deep Aqua-Susan T 10:30 Arthritis-Jennifer 6:00 Deep Aqua-Susan D	Jul. 28 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Deep Aqua-Susan D 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Jennifer 6:00 Aqua-Bethany	Jul. 29 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Roxanne 9:30 Deep-Roxanne 10:30 Arthritis-Alexis 6:00 Deep Aqua-Susan D	Jul. 30 8:15 Aqua-Roxanne 9:30 Deep Aqua-Susan D	Jul. 31 8:30 Deep Aqua-Susan D
Aug. 2 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Roxanne 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Jennifer 6:00 Aqua-Susan D	Aug. 3 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep Aqua-Sharon 10:30 Arthritis-Sharon 6:00 Deep Aqua- Susan D	Aug. 4 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Deep Aqua-Susan D 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Sharon 6:00 Aqua-Bethany	Aug. 5 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep-Roxanne 10:30 Arthritis-Jennifer 6:00 Deep Aqua-Susan D	Aug. 6 8:15 Aqua -Roxanne 9:30 Deep Aqua-Susan D	Aug. 7 8:30 Aqua- Bethany
Aug. 9 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Susan D 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Sharon 6:00 Aqua-Susan D	Aug. 10 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Susan D 9:30 Deep Aqua-Susan T 10:30 Arthritis-Sharon 6:00 Deep Aqua-Susan D	Aug. 11 5:30 Aqua-Shirley 6:30 LowIntensityD-Shirley 8:15 Deep Aqua- Susan D 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Jennifer 6:00 Aqua-Bethany	Aug. 12 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep-Jennifer 10:30 Arthritis-Alexis 6:00 Deep Aqua-Susan D	Aug. 13 8:15 Aqua-Mary Aileen 9:30 Deep Aqua-Susan D	Aug. 14 8:30 Deep Aqua-Jennifer
Aug. 16 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-MaryA 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Jennifer 6:00 Aqua-Susan D	Aug. 17 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep Aqua-Susan T 10:30 Arthritis-Jennifer 6:00 Deep Aqua-Susan D	Aug. 18 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Deep Aqua-Susan D 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Jennifer 6:00 Aqua-Bethany	Aug. 19 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Susan T 9:30 Deep-Jennifer 10:30 Arthritis-Jennifer 6:00 Deep Aqua-Susan D	Aug. 20 8:15 Aqua -Mary Aileen 9:30 Deep Aqua-Susan D	Aug. 21 8:30 Aqua-Jennifer
Aug. 23 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Roxanne 9:30 Deep Aqua-Sharon 10:30 Deep Arth- Jennifer 6:00 Aqua-Susan D	Aug. 24 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep Aqua-Susan T 10:30 Arthritis-Sharon 6:00 Deep Aqua-Susan D	Aug. 25 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Deep Aqua-Susan D 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Jennifer 6:00 Aqua-Bethany	Aug. 26 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Roxanne 9:30 Deep-Susan T 10:30 Arthritis-Jennifer 6:00 Deep Aqua-Susan D	Aug. 27 8:15 Aqua -Roxanne 9:30 Deep Aqua-Susan D	Aug. 28 8:30 DeepAqua-Sharon
Aug. 30 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Roxanne 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Jennifer 6:00 Aqua-Susan D	Aug. 31 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Susan T 9:30 Deep Aqua-Jennifer 10:30 Arthritis-Sharon 6:00 Deep Aqua-Susan D	Sept. 1 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Deep Aqua-Susan D 9:30 Deep Aqua-Sharon 10:30 Deep Arth-Jennifer 6:00 Aqua-Bethany	Sept. 2 5:30 Aqua-Shirley 6:30 LowIntensityD-Shirley 8:15 Aqua-Roxanne 9:30 Deep-Susan T 10:30 Arthritis-Jennifer 6:00 Deep Aqua-Susan D	Sept. 3 8:15 Aqua-Roxanne 9:30 Deep Aqua-Susan D	Sept. 4 Happy Labor Day!!!!