



Bell Road Group Exercise February / March 2010

Instructors are Subject to Change without Notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb.7	Feb.8	Feb.9	Feb.10	Feb.11	Feb.12	Feb.13
	5:30 Spin-Charles 8:30 Fit for Life-Sharon 8:30 TURBO-Wendy 2:00 Step It Up-Mary Katherine	8:30 Step it Up-Julie 8:45 Spin-Shea 9:30 Yoga-Colleen 12:00 BodyPump-Colleen	5:30 Spin-Wanda 8:30 Fit for Life-Colleen 8:30 DanceParty-Wendy 8:45 Spin-Charles 9:30 BodyPump-Becky 10:45 Yoga-Shea 4:30 Step it up-Julie	8:30 Fit Drills-Mary P 8:45 Spin-Julie 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 TURBO-Joanna 5:30 Step It UP-Linda 5:45 Spin-Becky 6:30 Pilates-Mary A	5:30 Spin-Marlea 8:30 Fit For Life-Kim 8:30 Golden Gloves-Wendy 8:45 Spin-Charles 9:30 BodyPump-Wendy 10:45 Yoga- Shea 5:30 BodyPump- Sherry	8:30 Dance- Wendy 8:30 Spin- Charles 9:30 Beginner Spin-Charles 9:30 BodyPump-Becky 10:45 Yoga- Colleen
Feb.14	Feb.15	Feb.16	Feb.17	Feb.18	Feb.19	Feb.20
90 Min 2:00 Spin-Charles	5:30 Spin-Charles 8:30 Fit for Life-Kim 8:30 TURBO-Julie 8:45 Spin-Emily B 9:30 BodyPump-Colleen 10:45 Pilates-Shea 4:30 Step it Up-Linda 5:30 Golden Gloves-Becky 5:45 Spin-Kim T 6:30 BodyPump-Sherry	8:30 Step it Up-Mary K 8:45 Spin-Charles 9:30 Yoga-Shea 12:00 BodyPump-Anita 4:30 Beg. Cardio-Margo 5:30 H.E.A.T.-Joanna 5:45 Spin-Johnny 6:30 Yoga-Kathleen	5:30 Spin-Wanda 8:30 Fit for Life-Sharon 8:30 DanceParty-Wendy 8:45 Spin-Becky 9:30 BodyPump-Shea 10:45 Yoga-Colleen 4:30 Step It Up-Bethany 5:30 Dance Party-Alexis 5:45 Spin-Marlea 6:30-BodyPump-Colleen	8:30 Fit Drills-Mary P 8:45 Spin-Shea 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 TURBO-Joanna 5:30 Step It UP-Linda 5:45 Spin-Mary A 6:30 Pilates-Shea	5:30 Spin-Marlea 8:30 Fit For Life- Kim 8:30 Golden Gloves-Shea 8:45 Spin-Julie 9:30 BodyPump-Wendy 10:45 Yoga- Colleen 5:30 Spin-Margo 5:30 Step It Up- Michelle	8:30 StepItUp- Andretta 8:30 Spin- Emily B 9:30 Beginner Spin- Emily 9:30 BodyPump-Sherry 10:45 Yoga- Alexis
Feb.21	Feb.22	Feb.23	Feb.24	Feb.25	Feb.26	Feb.27
2:00 Step It Up-Michelle	5:30 Spin-Charles 8:30 Fit for Life-Sharon 8:30 TURBO-Wendy 8:45 Spin-Emily B 9:30 BodyPump-Shea 10:45 Pilates-Shea 4:30 Step it Up-Linda 5:30 Golden Gloves-Shea 5:45 Spin-Johnny 6:30 BodyPump-Colleen	8:30 Step it Up-Mary K 8:45 Spin-Shea 9:30 Yoga-Colleen 12:00 BodyPump-Colleen 4:30 Beg. Cardio-Joanna 5:30 H.E.A.T.-Colleen 5:45 Spin-Kim T 6:30 Yoga-Colleen	5:30 Spin-Wanda 8:30 Fit for Life-Colleen 8:30 DanceParty-Wendy 8:45 Spin-Charles 9:30 BodyPump-Becky 10:45 Yoga-Shea 4:30 Step It Up-Julie 5:30 Dance Party-Colleen 5:45 Spin-Marlea 6:30-BodyPump-Kat	8:30 Fit Drills-Mary P 8:45 Spin-Julie 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 TURBO-Joanna 5:30 Step It UP-Linda 5:45 Spin-Becky 6:30 Pilates-Michelle	5:30 Spin-Marlea 8:30 Fit For Life-Kim 8:30 Golden Gloves-Wendy 8:45 Spin-Ellen 9:30 BodyPump-Wendy 10:45 Yoga- Shea 5:30 BodyPump-Sherry	8:30 Dance- Wendy 8:30 Spin- Charles 9:30 Beginner Spin-Charles 9:30 BodyPump-Wendy 10:45 Yoga- Kathleen
Feb.28	Mar.1	Mar.2	Mar.3	Mar.4	Mar.5	Mar.6
90 Min 2:00 Spin-Charles	5:30 Spin-Charles 8:30 Fit for Life-Kim 8:30 TURBO-Wendy 8:45 Spin-Emily B 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-Kat	8:30 Step it Up-Julie 8:45 Spin-Charles 9:30 Yoga-Shea 12:00 BodyPump-Colleen 4:30 Beg. Cardio-Margo 5:30 H.E.A.T.-Kat 5:45 Spin-Johnny 6:30 Yoga-Colleen	5:30 Spin-Wanda 8:30 Fit for Life-Sharon 8:30 DanceParty-Wendy 8:45 Spin-Becky 9:30 BodyPump-Shea 10:45 Yoga-Colleen 4:30 Step it up-Julie 5:30 Dance Party-Kat 5:45 Spin-Marlea 6:30-BodyPump-Colleen	8:30 Fit Drills-Mary P 8:45 Spin-Shea 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 TURBO-Joanna 5:30 Step It UP-Linda 5:45 Spin-Kat 6:30 Pilates-Shea	5:30 Spin-Marlea 8:30 Fit For Life-Kim 8:30 Golden Gloves-Shea 8:45 Spin-Julie 9:30 BodyPump-Wendy 10:45 Yoga- Colleen 5:30 Spin-Kim T 5:30 Step It Up-Linda	8:30 Step it Up- Andretta 8:30 Spin- Kim T 9:30 Beginner Spin- Kim T 9:30 BodyPump-Colleen 10:45 Yoga- Colleen
Mar.7	Mar.8	Mar.9	Mar.10	Mar.11	Mar.12	Mar.13
2:00 Step It Up-Michelle	5:30 Spin-Charles 8:30 Fit for Life-Sharon 8:30 TURBO-Wendy 8:45 Spin-Julie 9:30 BodyPump-Shea 10:45 Pilates-Shea 4:30 Step it Up-Linda 5:30 Golden Gloves-Kat 5:45 Spin-Johnny 6:30 BodyPump-Colleen	8:30 Step it Up-Julie 8:45 Spin-Shea 9:30 Yoga-Colleen 12:00 BodyPump-Colleen 4:30 Beg. Cardio-Joanna 5:30 H.E.A.T.-Colleen 5:45 Spin-Kim T 6:30 Yoga-Shea	5:30 Spin-Wanda 8:30 Fit for Life-Colleen 8:30 DanceParty-Wendy 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-Kat	8:30 Fit Drills-Ellen 8:45 Spin-Julie 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 TURBO-Joanna 5:30 Step It UP-Linda 5:45 Spin-Becky 6:30 Pilates-Alexis	5:30 Spin-Marlea 8:30 Fit For Life-Kim 8:30 Golden Gloves-Wendy 8:45 Spin-Charles 9:30 BodyPump-Wendy 10:45 Yoga-Shea 5:30 BodyPump-Becky	8:30 Dance- Wendy 8:30 Spin-Johnny 9:30 Beg Spin-Kim T 9:30 BodyPump-Wendy 10:45 Yoga- Shea
Mar.14	Mar.15	Mar.16	Mar.17	Mar.18	Mar.19	Mar.20
90 Min 2:00 Spin-Wanda	5:30 Spin-Charles 8:30 Fit for Life-Kim 8:30 TURBO-Wendy 8:45 Spin-Emily B 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-Kat	8:30 Step it Up-Colleen 8:45 Spin-Charles 9:30 Yoga-Shea 12:00 BodyPump-Colleen 4:30 Beg. Cardio-Joanna 5:30 H.E.A.T.-Kat 5:45 Spin-Johnny 6:30 Yoga-Kathleen	5:30 Spin-Wanda 8:30 Fit for Life-Colleen 8:30 DanceParty-Wendy 8:45 Spin-Becky 9:30 BodyPump-Shea 10:45 Yoga-Colleen 4:30 Step It Up-Bethany 5:30 Dance Party-Kat 5:45 Spin-Marlea 6:30-BodyPump-Colleen	8:30 Fit Drills-Emily B 8:45 Spin-Shea 9:30 Pilates-Shea 12:00 BodyPump-Alexis 4:30 TURBO-Joanna 5:30 Step It UP-Linda 5:45 Spin-Kat 6:30 Pilates-Shea	5:30 Spin-Marlea 8:30 Fit For Life-Kim 8:30 Golden Gloves-Shea 8:45 Spin-Emily B 9:30 BodyPump-Wendy 10:45 Yoga- Colleen 5:30 Spin-Kristina 5:30 Step It Up- Linda	8:30 Step it Up-Andretta 8:30 Spin- Wanda 9:30 Beginner Spin- Wand 9:30 BodyPump-Kat 10:45 Yoga- Kathleen

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.

All Ball— Challenging fun class using stability and medicine balls. Join us for a total body workout and get ready to “play ball”! E

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

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

Fight Fusion—Martial arts based class emphasizing quick and effective punches, kicks, strikes, and blocks. GET YOUR FIGHT ON!!! I, A

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

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

Kickin’ Cardio—Blast away with kickboxing for upper and lower body conditioning. Intensity driven instructors but all levels of fitness will be challenged. E

Kick/Drills—Kickboxing with limited choreography but based on more drill type maneuvers. E

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

StepMix—Primarily a step cardio class with segments of cardio on the floor including hi/lo, kickboxing, jump ropes, sprints, light weights. E

Spinning—Group cycling classes. E

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

Weight Training— Resistance training utilizing a variety of weights, balls and/or bands to promote muscular strength, shape and endurance. E



**MONTGOMERY
YMCA**

***Y's Up at Somerset
February / March 2010***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb.8 5:30 GRAVITY-Triston 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Feb.9 5:30 GRAVITY-Mary A 8:30 GRAVITY-Triston 12:00 GRAVITY-Kristina 5:30 GRAVITY-Bethany	Feb.10 5:30 GRAVITY-Brett 9:30 GRAVITY-Mary A 6:00 GRAVITY-Kristina	Feb.11 5:30 GRAVITY-Stephanie 8:30 GRAVITY-Triston 12:00 GRAVITY- Kristina 5:30 GRAVITY-Erin	Feb.12 5:30 GRAVITY-MaryA 8:30 GRAVITY-Kristina 9:30 GRAVITY-Triston	Feb.13 9:00 GRAVITY-Bethany
Feb.15 5:30 GRAVITY-Brett 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Feb.16 5:30 GRAVITY-MaryA 8:30 GRAVITY-Kristina 12:00 GRAVITY-Triston 5:30 GRAVITY-Kristina	Feb.17 5:30 GRAVITY-Brett 9:30 GRAVITY-Mary A 6:00 GRAVITY-Mary A	Feb.18 5:30 GRAVITY-Brett 8:30 GRAVITY-Kristina 12:00 GRAVITY-Erin 5:30 GRAVITY-Bethany	Feb.19 5:30 GRAVITY-MaryA 8:30 GRAVITY-Triston 9:30 GRAVITY-Kristina	Feb.20 9:00 GRAVITY-Triston
Feb.22 5:30 GRAVITY-Triston 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Feb.23 5:30 GRAVITY-Erin 8:30 GRAVITY-Triston 12:00 GRAVITY-Erin 5:30 GRAVITY-Bethany	Feb.24 5:30 GRAVITY-Brett 9:30 GRAVITY-Mary A 6:00 GRAVITY-Kristina	Feb.25 5:30 GRAVITY- Stephanie 8:30 GRAVITY-Erin 12:00 GRAVITY-Diana 5:30 GRAVITY-Erin	Feb.26 5:30 GRAVITY-MaryA 8:30 GRAVITY-Kristina 9:30 GRAVITY-Triston	Feb.27 9:00 GRAVITY-Kristina
Mar.1 5:30 GRAVITY-Brett 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Mar.2 5:30 GRAVITY-MaryA 8:30 GRAVITY-Kristiana 12:00 GRAVITY-Triston 5:30 GRAVITY-Kristina	Mar.3 5:30 GRAVITY-Brett 9:30 GRAVITY-Mary A 6:00 GRAVITY-Mary A	Mar.4 5:30 GRAVITY-Brett 8:30 GRAVITY-Triston 12:00 GRAVITY-Kristina 5:30 GRAVITY-Bethany	Mar.5 5:30 GRAVITY-MaryA 8:30 GRAVITY-Stephanie 9:30 GRAVITY-Stephanie	Mar.6 9:00 GRAVITY-Joanna
Mar.8 5:30 GRAVITY- Triston 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Mar.9 5:30 GRAVITY-Mary A 8:30 GRAVITY-Triston 12:00 GRAVITY- Diana 5:30 GRAVITY-Bethany	Mar.10 5:30 GRAVITY- Brett 9:30 GRAVITY-Mary A 6:00 GRAVITY-Kristina	Mar.11 5:30 GRAVITY-Stephanie 8:30 GRAVITY-Kristina 12:00 GRAVITY-Erin 5:30 GRAVITY-Erin	Mar.12 5:30 GRAVITY-MaryA 8:30 GRAVITY-Kristina 9:30 GRAVITY- Triston	Mar.13 9:00 GRAVITY- Pam
Mar.15 5:30 GRAVITY-Brett 9:30 GRAVITY-Tangie 6:00 GRAVITY-Stephanie	Mar.16 5:30 GRAVITY-Mary A 8:30 GRAVITY-Kristina 12:00 GRAVITY- Erin 5:30 GRAVITY-Kristina	Mar.17 5:30 GRAVITY-Brett 9:30 GRAVITY-Mary A 6:00 GRAVITY-Mary A	Mar.18 5:30 GRAVITY- Brett 8:30 GRAVITY-Erin 12:00 GRAVITY- Diana 5:30 GRAVITY-Bethany	Mar.19 5:30 GRAVITY-MaryA 8:30 GRAVITY-Stephanie 9:30 GRAVITY-Stephanie	Mar.20 9:00 GRAVITY-Bethany

February / March Group Aqua Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb.8 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Colleen 9:30 Deep Aqua-Susan T 11:00 Deep Arth-Jennifer 6:00 Aqua-Susan D	Feb.9 5:30 Aqua-Shirley 6:30 Low Intensity-Shirley 8:15 Aqua-Chana 9:30 Deep Aqua-Sharon 11:00 Arthritis- Jennifer 6:00 Deep Aqua-Susan D	Feb.10 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Deep Aqua-Susan D 9:30 Deep Aqua-Sharon 11:00 Deep Arth-Jennifer 6:00 Aqua-Mary A	Feb.11 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua- Jennifer 9:30 Deep-SusanT 11:00 Arthritis- Elizabeth 6:00 Deep Aqua-SusanD	Feb.12 8:15 Aqua-Colleer 9:30 Deep Aqua-Susan D	Feb.13 8:30 Deep Aqua-Sharon
Feb.15 5:30 Aqua- Shirley 6:30 LowIntensityDp-Shirley 8:30 Aqua-Colleen 9:30 Deep Aqua-Sharon 11:00 Deep Arth-Sharon 6:00 Aqua-Susan D	Feb.16 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Chana 9:30 Deep Aqua-Sharon 11:00 Arthritis-Sharon 6:00 Deep Aqua-Susan D	Feb.17 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Deep Aqua-Susan D 9:30 Deep Aqua-Chana 11:00 Deep Arth-Jennifer 6:00 Aqua-Bethany	Feb.18 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep-SusanT 11:00 Arthritis-Elizabeth 6:00 Deep Aqua-SusanD	Feb.19 8:15 Aqua -Mary A 9:30 Deep Aqua-SusanD	Feb.20 8:30 Aqua- Bethany
Feb.22 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Colleen 9:30 Deep Aqua-SusanT 11:00 Deep Arth-Jennifer 6:00 Aqua-Susan D	Feb.23 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Chana 9:30 Deep Aqua-Sharon 11:00 Arthritis-Jennifer 6:00 Deep Aqua-Susan D	Feb.24 5:30 Aqua-Shirley 6:30 LowIntensityD-Shirley 8:15 Deep Aqua-SusanD 9:30 Deep Aqua-Sharon 11:00 Deep Arth-Jennifer 6:00 Aqua-Mary A	Feb.25 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua- Jennifer 9:30 Deep-SusanT 11:00 Arthritis-Elizabeth 6:00 Deep Aqua-SusanD	Feb.26 8:15 Aqua -Colleen 9:30 Deep Aqua-SusanD	Feb.27 8:30 Deep Aqua-SusanT
Mar.1 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Colleen 9:30 Deep Aqua-Jennifer 11:00 Deep Arth-Jennifer 6:00 Aqua-Susan D	Mar.2 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Chana 9:30 Deep Aqua-Sharon 11:00 Arthritis- Jennifer 6:00 Deep Aqua-Susan D	Mar.3 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Deep Aqua-SusanD 9:30 Deep Aqua-Chana 11:00 Deep Arth-Jennifer 6:00 Aqua-Bethany	Mar.4 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep-SusanT 11:00 Arthritis-Elizabeth 6:00 Deep Aqua-SusanD	Mar.5 8:15 Aqua -Colleen 9:30 Deep Aqua-SusanD	Mar.6 8:30 Aqua-Jennifer
Mar.8 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Chana 9:30 Deep Aqua-SusanT 11:00 Deep Arth-Jennifer 6:00 Aqua-SusanD	Mar.9 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua- Chana 9:30 Deep Aqua-Sharon 11:00 Arthritis-Jennifer 6:00 Deep Aqua-SusanD	Mar.10 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Deep Aqua-SusanD 9:30 Deep Aqua-Sharon 11:00 Deep Arth-Jennifer 6:00 Aqua-Chana	Mar.11 5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep-SusanT 11:00 Arthritis-Elizabeth 6:00 Deep Aqua-SusanD	Mar.12 8:15 Aqua -Colleen 9:30 Deep Aqua-SusanD	Mar.13 8:30 DeepAqua-Jennifer
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