



**BUEHLER YMCA GROUP FITNESS SCHEDULE
 SPRING I: FEBRUARY 21 - APRIL 17, 2010
 Buehler Members are FREE unless noted \$ Fee.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:50 AM Jump! Studio 3 - Debby	6:00-6:50 AM Cycle Studio 1 - Debby	5:00-5:50 AM Cycle Studio 1 - Debby	6:00-6:45 AM Pilates Studio 4 - Lisa	5:00-5:50 AM Jump! Studio 3 - Debby	7:00-8:15 AM Cycle/Core Studio 1 - Becky	8:00-8:45 AM Pilates 1 Gymnastics - Wendy
6:00-6:45 AM Wake Up Call Studio 3 - Joan	9:00-10:00 AM High-Energy Aerobics Studio 3 - Joan	6:00-6:45 AM Wake Up Call Studio 3 - Debby	6:00-6:50 AM Cycle Studio 1 - Debby	6:00-6:45 AM Wake Up Call Studio 3 - Joan	7:00-8:00 AM Zumba Studio 3 - Jennifer P.	8:10-9:30 AM Cycle/Yoga Studio 1 - Debby/ Melissa
6:00-6:50 AM Cycle Studio 1 - Katie	9:20-10:20 PM Cycle Studio 1 - Christie	6:00-6:50 AM Cycle Studio 1 - Melissa	9:00-10:00 AM High-Energy Aerobics Studio 3 - Joan	6:00-6:50 AM Cycle Studio 1 - David	8:10-8:40 AM Core N' More Gymnastics - Debbie B.	9:00-9:45 AM Pilates 1 Gymnastics - Wendy
7:30-8:30 AM Taiji/Qigong Studio 4 - Jeff	10:20-11:15 AM Yoga I Studio 4 - John	7:30-8:30 AM Taiji / Qigong Studio 4 - Jeff	9:20-10:10 AM Cycle Studio 1 - John	7:30-8:30 AM Taiji / Qigong Dance Room - Jeff	8:15-9:05 AM Cycle Studio 1 - Becky	9:45-10:45 AM Yoga Level 1 Studio 4 - John
8:00-9:00 AM AM Fitness Studio 3/SQ D 3 - Joan	5:00-5:30 PM Core 'n More Studio 2 - Carol	9:10-10:10 AM F.I.T. Square D 3 - Jill/Judy	10:20-11:15 AM Yoga I Studio 4 - John	8:00-9:00 AM AM Fitness Studio 3/SQ D 3 - Joan	9:20-10:20 AM F.I.T. / Cardio Studio 3 - Judy	10:15 AM-11:15 AM Zumba Studio 3 - Michelle C.
9:10-10:10 AM F.I.T. Square D 3 - Judy	4:30-5:00 PM 'Youth Yoga (ages 6-9) Studio 4 - Melissa	9:20-10:20 AM Cycle Studio 1 - Christie	11:00-12:00 PM Cardio/Muscle Mix Studio 3 - Jennifer P	9:10-10:10 AM F.I.T. Square D 3 - Jill	10:30-11:30 AM Yoga I Studio 3 - Annette	10:45-11:15 AM Parent-Child Yoga Studio 4 - John
10:30-11:30 AM Fit for Life Sq D 3/Studio 3 - Judy	5-5:40 PM 'Youth Yoga (ages 10-12) Studio 4 - Melissa	10:30-11:30 AM Fit for Life Sq D 3/Studio 3 - Judy	1:00 PM-2:00 PM Yoga II Studio 4 - John	9:20-10:10 AM Cycle Studio 1 - Anna	11:35AM - 12:00PM Parent-Child Yoga Studio 3 - Annette	1:30 - 2:30 PM Golf Conditioning Studio 3 - Jill
11:30 AM-12:00 PM Golden Yoga Studio 4 - John	5-6:00 PM \$Speed/Strength Teens Studio 3 - Ben	11:45 AM-12:45 PM Y-Weights Studio 3 - Annette	4:30-5:30 PM Muscle Mix (ages 9-13) Studio 3 - Ben	10:30-11:30 AM Fit for Life Sq D 3/Studio 3 - Judy	12:30-1:30 PM Zumba Studio 3 - Nori	
11:45 AM-12:45 PM Y Weights Studio 3 - Annette	5:45-6:45 PM Yoga I Studio 4 - Melissa	1:00 PM-2:00 PM Yoga I Studio 3 - Annette	5:00-5:30 PM Core 'n More Studio 2 - Carol	1:00-2:00 PM Yoga Level 2 Studio 4 - Melissa		
1:00-2:00 PM Yoga I Studio 3 - Annette	6:00-7:00 PM Cycle Studio 1 - Kristan	6:00-6:50 PM Cycle Sarah - Studio 1	6:00-7:00 PM Cycle Studio 1 - Kristan	6:00-7:00 PM Zumba Studio 3 - Nori		
4:30-5:30 PM \$ Off & Running (ages 8-13) Studio 3 - Ben	6:00-7:00 PM Tai Chi Studio 3 - Scott.	6:30-7:30 PM F.I.T. Studio 3 - Team	6:30-6:55 PM Core 'n More Studio 3 - Merideth			
6:15-7:00 PM Intro to Yoga Studio 4 - John	7:00-8:30 PM Relaxation Mat Room - Jane K	7:30-8:30 PM Zumba Studio 3 - Michelle C.	7:00-7:45 PM Pilates 1 Studio 4 - Wendy			
6:30-7:30 PM F.I.T. Studio 3 - Sue			7:00-8:00 PM High Energy Aerobics Studio 3 - Merideth		REVISED 02/22/10:jm	
7:00-8:00 PM Yoga I Studio 4 - John				Room Locations: Mat Room - Downstairs in basement, stairs across from pay phone in Child Care wing. Studio 1 - First room on right before Wellness Center Studio 2 - Second level mezzanine Studio 3 - First room on the right before Square D Studio 4 - Second level across from racquetball courts Gymnastics Gym - Across from Cyber Fitness Room Adventure Center - Second room on the right in the lobby (between State Room and Party Room)		
7:30-8:30 PM Zumba Studio 3 - Michelle C.				Classes are subject to cancellation based on registration numbers. Parents are welcome to participate.		
				\$ FEE		