

YMCA GROUP EXERCISE

March 15 - April 18, 2010

All classes are included with membership at no additional fee. *

The following list all YMCA Land, Water and Cycling classes.

S = STUDIO P = POOL W.C.R. = WELLNESS CLASS ROOM

Class schedule is subject to change based on class participation.



Monday

6:30 - 7:30am *CYCLING / LIZ (S)
8:30 - 9:30am Why Dance /BARB (S)
9:05 - 10:00am Aqua Combo / BETH R. (P)
10:05 - 11:00am Aqua Arthritic (P)
9:35 - 10:30am *CYCLING / LAURIE (S)
10:35 - 11:30am Pilates Core / SELINA (S)
11:35 - 12:35pm Yoga / JENNY (WCR)
5:15 - 6:00pm Core Mat Work / LINDA (S)
6:05 - 7:00pm Step /CAROL G. (S)

Tuesday

9:00 - 10:00am Cardio Combo / LAURIE (S)
9:15 - 10:00am Dig Deep / BETH (P)
10:05 - 11:00am Aqua Arthritic (P)
10:15 - 11:15am Building Strength / BETH (S)
11:30 - 12:00pm Absolute Abs./ MYRIAM (S)
12:05 - 1:00pm *CYCLING / MYRIAM (S)
5:30 - 6:30pm Yoga /MO (S)
6:30 - 7:30pm Aqua Combo / DREW (P)
6:35 - 7:30pm *CYCLING / MELISSA (S)

Wednesday

6:15 - 7:15am *CYCLING / LIZ-SHEILA
8:30 - 9:30am Why Dance /BARB (S)
9:05 - 10:00am Aqua Combo / DAWN (P)
9:35 - 10:30am Power Pump / MYRIAM (S)
10:05 - 11:00am Aqua Arthritic (P)
10:45 - 11:55am Gentle Yoga / CAROL (S)
12:00 - 1:00pm Pilates/Core / SELINA (S)
6:00 - 7:00pm Step Interval / CRISTIN / FAE(S)
7:05 - 8:00pm ZUMBA / CAROL G. (S)

Thursday

9:00 - 10:00am Cardio Combo / LYNN (S)
9:15 - 10:00am H2O Tether / IRIS (P)
10:05 - 11:00am Aqua Arthritic (P)
10:15 - 11:15am Building Strength / IRIS (S)
4:30 - 5:30pm Yoga / MO (S)
5:35 - 6:35pm Power Yoga / JENNY (S)
6:30 - 7:30pm Aqua Combo / BETH (P)
6:35 - 7:30pm *CYCLING / LINDA (S)

Friday

6:30 - 7:30am *CYCLING / SHEILA (S)
8:00 - 9:00 am Why Dance /FAE (S)
9:05 - 10:00am Aqua Combo / BETH R. (P)
9:35 - 10:30am *CYCLING / SELINA (S)
10:15 - 11:00am Sit and Be Fit / IRIS (WCR)
10:35 - 11:30am Pilates - Ball / SELINA (S)
11:35 - 12:30pm Cardio Low Impact / LYNN (S)
6:05 - 7:00pm Step / CAROL (S)

Saturday

7:45 - 8:45 am *CYCLING / MELISSA (S)
9:00 - 10:00am Step Interval / (S)
10:05 - 11:05am Pilates / SELINA (S)
4:30 - 5:30pm ZUMBA / CAROL (S) **NEW!!!**

Sunday

12:15 - 1:15pm *CYCLING / LIZ - MELISSA (S)
1:30 - 2:30pm Power Pump / MYRIAM (S)
4:30 - 5:30pm Yoga / MO (S)

*Cycling class options: Members may reserve a seat in cycling classes for \$5.00 per 5 week session. Members may choose not to reserve a seat and "walk in".

It is a first come first serve basis if there are seats available.

THERE IS A MINIMUM OF 8 PARTICIPANTS REQUIRED TO KEEP A CLASS ON THE SCHEDULE

YMCA of Ithaca and Tompkins County
Graham Rd. West, Ithaca N.Y. 14850
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YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.



YOUTH & ADULT SPECIALTY PROGRAMS



Session Dates for 5 week program: March 15 - April 18, 2010

Session Dates for 10 week program: March 15 - May 23, 2010

Specialty programs require registration at the Y front desk and a fee.

S= Studio

W.C.R. = Wellness Classroom

Monday

6:30 - 7:30am CYCLING / LIZ (S)
 9:35 - 10:30am CYCLING / LAURIE (S)
 12:00 - 1:00pm Fitness Kick Boxing (1x a week for 5 weeks) / BOB – **No class on April 5**
 3:30 - 4:30pm Tai Chi (1x for five weeks) / JOHN (S)
 5:00 - 6:00pm Introduction to Youth Karate (1x a week for 5 weeks) / ADAM (W.C.R.)
 6:30 - 7:30pm Adult Karate (Mon. and Wed. for 10 weeks) / ADAM (W.C.R.)

Tuesday

12:05 - 1:00pm CYCLING / MYRIAM (S)
 4:00 - 4:30pm Youth Strength Training Age 10 - 13yrs. (5 weeks) / DYLAN (S)
 4:30 - 5:15pm Youth Strength Training Age 14 - 18 yrs. (5 weeks) / DYLAN (S)
 6:35- 7:30pm *CYCLING / MELISSA (S)

Wednesday

6:15 - 7:15am CYCLING / LIZ-SHEILA (S)
 5:00 - 6:00pm Youth Karate (Wed. and Sat. for 10 weeks) / ADAM (W.C.R.)
 5:15 - 6:00pm Youth Ballet (5 weeks) / LAUREN (S)
 6:30 - 7:30pm Adult Karate (Mon. and Wed. for 10 weeks) / ADAM (W.C.R.)

Thursday

11:30 - 12:00pm Kids Creative Movement (5 weeks) / BETH (S)
 12:15 - 1:30pm Jump Start - Exercise & Weight Management (10 weeks) / Beth (S)
 5:30 - 6:30pm Fitness Boxing (1x a week for 5 weeks) / BOB (W.C.R.) - **No class on April 1**
 6:00 - 7:00pm Jump Start - Exercise & Weight Management (10 weeks) /MELISSA (W.C.R.)
 6:35 - 7:30pm *CYCLING/ LINDA (S)

Friday

6:30 - 7:30am CYCLING / SHEILA (S)
 9:35 - 10:30am CYCLING / SELINA (S)
 5:00 - 6:00pm Intermediate Youth Karate (1 x a week for 10 weeks) / ADAM (S)
Note : No karate class May 7.

Saturday

7:45 - 8:45am CYCLING / MELISSA (S)
 12:30 - 1:30pm Youth Karate (Wed. and Sat. for 10 weeks) / ADAM (S)
Note: No karate class May 8.

Sunday

12:15 - 1:15pm CYCLING / LIZ - MELISSA (S)

Class registration for YMCA MEMBERS begins Monday, March 1 at the Y front desk,

registration for non-members begins Monday, March 8.

See back of sheet for program descriptions.

SPECIALTY CLASS FEES

Five week program - 1 x a week:	YMCA Member \$15.00	Non-member: Youth \$35.00 / Adult \$45.00
Five week program - 2 x a week:	YMCA Member \$30.00	Non-member: Youth \$70.00 / Adult \$90.00
Ten week program - 1 x a week:	YMCA Member \$30.00	Non-member: Youth \$70.00 / Adults \$90.00
Ten week program - 2 x a week:	YMCA Member \$60.00	Non-member: Youth \$140.00 / Adult \$180.00

CYCLING FEES: Reserve a seat for 5 weeks \$5.00 MEMBERS ONLY