



DECATUR FAMILY YMCA GROUP EXERCISE SCHEDULE

MONDAY					TUESDAY				
TIME	CLASS	AGE	INST.	ROOM	TIME	CLASS	AGE	INST.	ROOM
5:30-6:30a	Group Power	12+	Carole	S&F	5:45-6:30a	YSpin	16+	Amy	SCHW
8:00-9:00a	Toning/On the Go	9+	Penny	S&F	8:45-9:45a	Cardio Dance	9+	Mar	S&F
8:45-9:45a	YSpin	16+	Liz	SCHW	9:00-10:00a	Strength & Conditioning	16+	Angela C.	Gym B
9:00-9:45a	SilverSneakers		Mar	YG-AB	9:45-10:45a	Group Power	12+	Angela F.	S&F
9:30-10:30a	Strength & Conditioning	12+	Paula	S&F	10:00-11:00a	Recovery	9+	Karen	YG-AB
10:00-10:45a	SilverSneakers Yoga		Margie	YG-AB	11:00-11:45a	SilverSneakers Circuit		Margie	S&F
11:00a-12:00p	Cardio Dance	9+	Mar	S&F	12:00-12:45p	Pilates	9+	Angela	S&F
12:00-1:00p	Group Fight	12+	Jenny	S&F	4:30-5:30p	Yoga	9+	Jake	S&F
5:00-6:00p	Group Power	12+	Jenny	S&F	5:30-6:15p	YSpin	16+	Liz	SCHW
5:30-6:15p	YSpin	16+	Kathie	SCHW	5:30-6:30p	Zumba Step	9+	Jenny	S&F
5:30-6:30p	Yoga	9+	Jake	YG-B					
6:00-7:00p	Group Fight	12+	Jenny	S&F					
7:00-7:30p	Tabata GX	12+	Amy	S&F					

WEDNESDAY					THURSDAY				
TIME	CLASS	AGE	INST.	ROOM	TIME	CLASS	AGE	INST.	ROOM
5:30-6:30a	Strength & Conditioning	12+	Amy	Gym B	5:30-6:30a	Group Power	16+	Amy	S&F
8:00-9:00a	Toning/On the Go	9+	Penny	S&F	8:45-9:45a	Cardio Dance	9+	Mar	S&F
8:45-9:45a	YSpin	16+	Angela F.	SCHW	9:00-10:00a	Strength & Conditioning	16+	Angela C.	Gym B
9:00-9:45a	SilverSneakers			YG-AB	9:45-10:45a	Group Power	12+	Angela F.	S&F
9:00-9:45a	Cardio Dance	9+	Sherry	S&F	10:00-11:00a	Recovery	9+	Karen	YG-AB
10:00-11:00a	Group Power	12+	Michelle H.	S&F	11:00-11:45a	SilverSneakers Circuit		Mar	S&F
10:00-10:45a	SilverSneakers Yoga		Joy	YG-AB	12:00-12:45p	Pilates	9+	Angela F.	S&F
5:00-6:00p	Group Power	12+	Jenny	S&F	4:30-5:30p	Yoga	9+	Jake	S&F
5:15-6:00p	Tai Chi	9+	Denise	YG-AB	5:30-6:15p	YSpin	16+	Theresa	SCHW
6:00-7:00p	Group Fight	12+	Jenny	S&F	5:30-6:30p	Strong by Zumba	9+	Jenny	S&F
6:00-7:00p	Yoga/Qi Gong	9+	Jake	YG-AB					
7:00-7:30p	Tabata GX	12+	Amy S.	S&F					

FRIDAY					SATURDAY				
TIME	CLASS	AGE	INST.	ROOM	TIME	CLASS	AGE	INST.	ROOM
5:30-6:30a	Group Power	12+	Carole	S&F	8:15-9:15a	Group Power	12+	Amy/Carole	S&F
5:45-6:30a	Spin	16+	Theresa	SCHW	8:15-9:15a	YSpin	16+	Rotation	SCHW
8:00-9:00a	Toning/On the Go	9+	Penny	S&F	9:30-10:30a	Group Fight	9+	Roi	S&F
9:00-9:45a	SilverSneakers		Michelle D.	YG-AB	10:30-11:30a	Zumba	9+	Jackie	S&F
9:30-10:30a	Strength & Conditioning	12+	Paula	S&F					
10:00-10:45a	SilverSneakers Yoga		Joy	YG-AB					
11:00a-12:00p	Cardio Dance	9+	Mar	S&F					
12:00-1:00p	Group Power	12+	Maria	S&F					
5:30-6:30p	Zumba	9+	Jackie	S&F					

Locations:

S&F: Shade and Foltz Rooms **YG-AB:** Youth Gym Side A or B
SCHW: Schwandt Room **Gym:** A-North Side; B-South Side

All Classes are FREE with your membership. Schedule subject to change without notification.