

## DECATUR FAMILY YMCA GROUP EXERCISE SCHEDULE

MONDAY					TUESDAY				
TIME	CLASS	AGE	INST.	ROOM	TIME	CLASS	AGE	INST.	ROOM
5:30-6:30	Group Power: Strength Train Together	12+	Kari	S&F	5:45-6:30	YSpin	16+	Amy	SCHW
8:00-9:00	Toning/On the Go	9+	Penny	S&F	8:45-9:45a	Cardio Dance	9+	Mar	S&F
8:45-9:45	YSpin	16+	Liz	SCHW	9:00-10:00	Strength & Conditioning	16+		Gym B
9:00-9:45	SilverSneakers		Mar	YG-AB	9:45-10:45	Group Power: Strength Train Together	12+	Angela	S&F
9:15-9:30	Strength/Core Set-Up			S&F	10:00-11:00	Yoga/Pilates	9+	Mar	YG-B
9:30-10:30	Strength/Core	16+	Paula	S&F	11:00-11:45	S. Sneakers Circuit		Margie	S&F
10:00-10:45	SilverSneakers Yoga		Margie	YG-AB	12:00-12:45p	Pilates	9+	Angela	S&F
11:00-12:00p	Cardio Dance	9+	Mar	S&F	4:30-5:30	Yoga	9+	Jake	S&F
12:00-1:00	Strong by Zumba	12+	Maria	S&F	5:30-6:15	YSpin	16+	Kari	SCHW
5:00-6:00	Group Power: Strength Train Together	12+	Jenny	S&F	5:30-6:30	Turbo Kick Live	9+	Jenny	S&F
5:30-6:15	YSpin	16+	Kathie	S&F					
5:00-6:00	Yoga	9+	Jake	YG-B					
6:00-7:00	Zumba Step	12+	Jenny	S&F					
6:00-6:30	Qi Gong	9+	Kevin	YG-B					
7:00-7:30	Tabata GX	12+	Amy	S&F					
WEDNESDAY					THURSDAY				
TIME	CLASS	AGE	INST.	ROOM	TIME	CLASS	AGE	INST.	ROOM
5:30-6:30	Strength & Conditioning	12+	Amy	Gym B	5:30-6:30	Group Power: Strength Train Together	16+	Amy	S&F
8:00-9:00	Toning/On the Go	9+	Penny	S&F	8:45-9:45	Cardio Dance	9+	Mar	S&F
8:45-9:45	YSpin	16+	Angela	SCHW	9:00-10:00	Strength & Conditioning	16+		Gym B
9:00-9:45	SilverSneakers		Henry	YG-AB	9:45-10:45	Group Power: Strength Train Together	12+	Angela	S&F
9:00-9:45	Cardio Dance	9+	Sherry	S&F	10:00-11:00	Yoga	9+	Linda	YG-B
9:45-10:00	Group Power Set-Up			S&F	11:00-11:45	S. Sneakers Circuit		Mar	S&F
10:00-11:00	Group Power: Strength Train Together	12+	Michelle	S&F	12:00-12:45p	Pilates	9+	Angela	S&F
10:00-10:45	SilverSneakers Yoga		Joy	YG-AB	4:30-5:30	Yoga	9+	Jake	S&F
12:00-1:00p	Strong by Zumba	12+	Maria	S&F	5:30-6:15	YSpin	16+	Theresa	SCHW
5:00-6:00	Group Power: Strength Train Together	12+	Jenny	S&F	5:30-6:30	Strong by Zumba	9+	Jenny	S&F
5:15-6:00	Tai Chi	9+	Denise	YG-AB					
6:00-7:00	Zumba	12+	Jenny	S&F					
6:00-7:00	Yoga/Qi Gong	9+	Jake	YG-AB					
7:00-7:30	Tabata GX	12+	Amy	S&F					
FRIDAY					SATURDAY				
TIME	CLASS	AGE	INST.	ROOM	TIME	CLASS	AGE	INST.	ROOM
5:30-6:30	Group Power	12+	Carole	S&F	8:30-9:30	Group Power: Strength Train Together	12+	Amy/Kari	S&F
5:45-6:30	Spin	16+	Kari	SCHW	8:15-9:15	YSpin	16+	Rot	SCHW
8:00-9:00	Toning/On the Go	9+	Penny	S&F	10:00-11:00	Zumba Toning	9+	Jenny	S&F
9:00-9:45	SilverSneakers		Michelle D	YG-AB					
9:15-9:30	Strength/Core Set-Up			S&F					
9:30-10:30	Strength/Core		Paula	S&F					
10:00-10:45	SilverSneakers Yoga		Joy	YG-AB					
11:00-12:00	Cardio Dance	9+	Mar	S&F					
12:00-1:00p	Group Power: Strength Train Together	12+	Maria	S&F					
5:30-6:30	Piloxing or Instructor's Choice	9+	Jenny	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.**