



Fox Valley Family YMCA
 Group Exercise Schedule-Central Branch Class
Updated and starting Jan 9th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.	A.M.	A.M.	A.M.	A.M.	A.M.
5a -6am \$\$Boot Camp	5a -6am \$\$Boot Camp	5a -6am \$\$Boot Camp	5a -6am \$\$Boot Camp	5a -6am \$\$Boot Camp	
					8:30- 9:15 Serious Cycle Jenny
8:30 – 9:15 \$\$ Group HEAT	8:30 – 9:15 \$\$ Group HEAT	8:30 – 9:15 \$\$ Group HEAT	8:30 – 9:15 \$\$ Group HEAT	8:30 – 9:15 \$\$ Group HEAT	
9:00-10:00 Zumba Liz	9:00-10:00 Rejuvenating Yoga Jen M.	9:15 – 10:15 Cardio Step & Pump Stacey	9:00 – 10:00 Yoga Flow Liz	9:15-10:15 Turbo Kick Jenny	9:30 – 10:30 Cardio Step & Pump Stacey
10:00 –10:30 Butts and guts Danielle	10:15-11:00 Bosu Box Danielle	10:30 –11:15 Serious Cycle Jenny	10:15-11:00 3.2.1. Blast and Tone Danielle	10:15 10:45 Body Blitz Jenny	10:30-11:30 Yoga Julie
10:30-11:15 Serious cycle Danielle		11:45 – 12:15 \$\$Fit & Fun \$30 8 weeks		10:45 – 11:30 Serious cycle Courtney	
P.M.	P.M.	P.M.	P.M.	P.M.	P.M.
4:30-5:30 \$\$Boot Camp	4:30-5:30 \$\$Boot Camp	4:30-5:30 \$\$Boot Camp	4:30-5:30 \$\$Boot Camp		
5:30-6:15 Serious Cycle Danielle	5:30-6:30 Turbo Kick Jenny	5:30 – 6:15 Jersey Core Courtney	5:45-6:30 Serious cycle Jenny		
6:15-7:15 Power Hour Danielle	6:30 – 7:15 Serious cycle Jenny	6:30 – 7:15 Zumba Liz	6:30-7:30 Yoga Flow April		
7:15 – 8:00 Zumba Liz	6:00 – 6:30 Zumba kids \$2.00 per class		6:30 – 7:00 Zumba kids \$2.00 per class		

Fox Valley Family YMCA • 3875 Eldamain Rd Plano, Illinois (630) 552-4100 ext 247 – Danielle
 \$\$ these classes are an additional charge