



# Yates Group Exercise Schedule: ALL STUDIOS

last updated: 6/1/09

## Monday

IMPACT SMB CYCLE CONF

<b>BODYPUMP</b>
Lori
5:45 - 6:45a

<b>Group Cycle</b>
Jay
6:00 - 6:45a

<b>Dawn Patrol</b>
Bill & John
7:00 - 7:30a

<b>BODYPUMP</b>
Ashley
9:15 - 10:15a

<b>Group Cycle</b>
Adrienne
9:30 - 10:30a

<b>Silver Sneak.</b>
Pam
9:00 - 10:00a

<b>BODYATTACK</b>
Ashley
10:15 - 11:15a

<b>Mommy &amp; Me Yoga</b>
Bonnie
10:00 - 11:00a

<b>Silver Sneak.</b>
Pam
10:15 - 11:15a

<b>Yogalates</b>
Jodi
11:10 - 12:00p

<b>Intro to Cycle</b>
Rachel
11:15 - 12:00p

<b>BODYPUMP</b>
Brandy
12:15 - 1:15p

<b>Pilates</b>
Jodi
12:10 - 1:00p

<b>Group Cycle</b>
Rachel
12:10 - 1:05p

<b>BODYPUMP</b>
Ann/Brandy
5:30 - 6:30p

<b>Beginner Yoga</b>
Bonnie
5:30 - 6:30p

<b>Group Cycle</b>
Greg
5:30 - 6:30p

<b>Zumba</b>
Anetra
6:35 - 7:35p

<b>Yogalates</b>
Lisa B
6:35 - 7:35p

<b>Group Cycle</b>
Sam
6:45 - 7:45p

## Tuesday

IMPACT SMB CYCLE CONF

<b>Multi-Lvl Yoga</b>
Yasmin
6:00 - 7:00a

<b>Group Cycle</b>
Jane
6:00 - 6:45a

<b>Silver Sneak. I</b>
Christina
8:00 - 8:45a

<b>ZUMBA</b>
Yetta
9:15 - 10:15a

<b>Beg. Pilates</b>
Lisa H
9:15 - 10:00a

<b>Low Impact</b>
Betty
10:15 - 11:30a

<b>Pilates</b>
Lisa H
10:10 - 11:00a

<b>BODYSTEP Express</b>
Amy
12:15 - 1:05p

<b>Yoga</b>
Tina
12:10 - 1:25p

<b>Group Cycle</b>
Carol
12:10 - 1:05p

<b>KICKBOX/CORE</b>
Kyesha
5:30 - 6:30p

<b>Kid's Zumba</b>
Anetra
5:45 - 6:30p

<b>Group Cycle</b>
Stacie
5:30 - 6:30p

<b>BODYSTEP</b>
Kylee
6:35 - 7:35p

<b>Muscle Works</b>
Kyesha
6:35 - 7:35p

<b>Group Cycle</b>
Leigh
6:45 - 7:45p

<b>Yoga</b>
Lisa
7:35 - 8:35p

## Wednesday

IMPACT SMB CYCLE CONF

<b>Yogilates Fusion</b>
Lisa
6:00 - 7:00a

<b>Group Cycle</b>
Percy
6:00 - 6:45a

<b>Dawn Patrol</b>
Bill & John
7:00 - 7:30a

<b>Fitness Yoga</b>
Yasmin
8:15 - 9:30a

<b>BODYPUMP</b>
Ashley
9:15 - 10:15a

<b>Group Cycle</b>
Rachel
9:30 - 10:30a

<b>Silver Sneak.</b>
Pam
9:00 - 10:00a

<b>Line Dancing</b>
Dawn
10:15 - 11:15a

<b>Pilates</b>
Lisa H
10:10 - 11:00a

<b>Silver Sneak.</b>
Pam
10:15 - 11:15a

<b>Gentle Yoga</b>
Jodi
11:10 - 12:00p

<b>Zumba</b>
Yetta
12:15 - 1:15p

<b>Multi-Lv Pilates</b>
Jodi
12:10 - 1:00p

<b>Cycle</b>
Stacie
12:10 - 1:05p

<b>BODYATTACK</b>
Amy
5:30 - 6:30p

<b>Intermed Yoga</b>
Bonnie
5:30 - 6:45p

<b>Group Cycle</b>
Gary
5:30 - 6:30p

<b>BODYPUMP</b>
Amy
6:35 - 7:35p

<b>Line Dancing</b>
Dawn
6:45 - 7:45p

<b>Group Cycle</b>
David
6:45 - 7:45p

*We build strong kids, strong families, strong communities.*

**Thursday**

**IMPACT    SMB    CYCLE CONF**

<b>BODYPUMP</b> Susan 5:45 - 6:45a	<b>Multi-Lvl Yoga</b> Yasmin 6:00 - 7:00a	<b>Group Cycle</b> Terri 6:00 - 6:45a
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<b>Silver Sneak. I</b> Christina 8:00 - 9:00a
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<b>BODYATTACK</b> Kyrsten 9:15 - 10:15a
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<b>Step</b> Betty 10:15-11:30p	<b>Pilates</b> Lisa H 10:10 - 11:00
	<b>Fitness Yoga</b> Eleni 11:10 - 12:00p

<b>BODYPUMP</b> Georgette 12:15 - 1:15p	<b>Gentle Yoga</b> Bonnie 12:10 - 1:25p	<b>Group Cycle</b> Carol 12:10 - 1:05p
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<b>BODYPUMP</b> Linda 5:30 - 6:30p		<b>Group Cycle</b> Bob 5:30 - 6:30p
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<b>BODYCOMBAT</b> Brandy 6:35 - 7:35p	<b>Power Yoga</b> Lisa 6:35 - 7:35p	<b>Group Cycle</b> Christy 6:45 - 7:45p
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**Friday**

**IMPACT    SMB    CYCLE CONF**

<b>Multi-Lvl Yoga</b> Yasmin 6:00 - 7:00a	<b>Group Cycle</b> Del 6:00 - 6:45a
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<b>Dawn Patrol</b> Bill & John 7:00 - 7:30a
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<b>Fitness Yoga</b> Yasmin 8:15 - 9:30a
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<b>BODYSTEP</b> Jeri Jo 9:15 - 10:15a
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<b>Group Cycle</b> David 9:30 - 10:30a
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<b>Silver Sneak.</b> Pam 9:00 - 10:00a
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<b>BODYPUMP</b> Jeri Jo 10:15 - 11:15a
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<b>Fit Stretch</b> Betty 10:00 - 10:55a
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<b>Silver Sneak.</b> Pam 10:15 - 11:15a
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<b>Beg. Yoga</b> Heather 11:05 - 12:05p
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<b>Zumba</b> Shannon 12:15 - 1:15p
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<b>Yoga Flow</b> Heather 12:15 - 1:25p
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<b>Group Cycle</b> Bob 12:10 - 1:05p
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<b>Zumba</b> Georgette/Debbie 6:00 - 7:00p
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<b>Group Cycle</b> Leigh 5:30 - 6:30p
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**Saturday**

**IMPACT    SMB    CYCLE CONF**

<b>BODYPUMP</b> Brandy 7:30 - 8:30a
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<b>Group Cycle</b> Percy 7:15 - 8:30a
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<b>BODYCOMBAT</b> Tim 8:45 - 9:45a
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<b>Pilates</b> Jodi 9:00 - 10:00a
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<b>Group Cycle</b> Stacie 8:45 - 9:45a
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<b>BODYPUMP</b> Rotating 9:45 - 10:45a
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<b>Gentle Yoga</b> Jodi 10:00 - 11:00a
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<b>Fitness Yoga</b> Yasmin 3:00 - 4:45p
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**Sunday**

**IMPACT    SMB    CYCLE CONF**

<b>Group Cycle</b> Linda 2:30 - 3:30p
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<b>Gentle Yoga</b> Carmen 3:00 - 4:30
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**NOTE: All Group Exercise Classes beginning with "BODY" are Les Mills trademark.**

**Yates Family YMCA - 221 Riverside Avenue - Jacksonville FL, 32202 - 904.355-1436**