



Yates Group Exercise Schedule: ALL STUDIOS

last updated: 3/2/10

Monday

IMPACT SMB CYCLE CONF

BODYPUMP
Bonita
5:45 - 6:45a

Group Cycle
Jay
6:00 - 6:45a

Dawn Patrol
Bill & John
7:00 - 7:30a

BODYPUMP
Ashley
9:15 - 10:15a

BODYFLOW
Jamie
9:15 - 10:15a

Group Cycle
Adrienne
9:30 - 10:30a

Silver Sneak.
Pam
9:00 - 10:00a

BODYATTACK
Ashley
10:15 - 11:15a

Silver Sneak.
Pam
10:15 - 11:15a

Yogalates
Ananda
11:10 - 12:00p

Intro to Cycle
Rachel
11:15 - 12:00p

BODYPUMP
Brandy
12:15 - 1:15p

Pilates
Ananda
12:10 - 1:00p

Group Cycle
Rachel
12:10 - 1:05p

BODYPUMP
Michele
4:25 - 5:25p

BODYPUMP
Ann/Kylee
5:30 - 6:30p

Beginner Yoga
Bonnie
5:30 - 6:30p

Group Cycle
Greg
5:30 - 6:30p

Zumba
Anetra
6:35 - 7:35p

Pilates (ends 3/8)
Carol
6:45 - 7:45p

Group Cycle
Sam
6:45 - 7:45p

Yogalates (starts 3/15)
Lisa B.
6:35 - 7:35p

Tuesday

IMPACT SMB CYCLE CONF

Fitness Yoga
Yasmin
6:00 - 7:00a

Group Cycle
Jane
6:00 - 6:45a

Zumba
Yetta
9:15 - 10:15a

Int. Pilates
Lisa H
9:15 - 10:00a

AOA
Sy
10:15 - 11:15a

Beg. Pilates
Lisa H
10:10 - 11:00a

BODYSTEP Express
Amy
12:15 - 1:05p

Yoga
Tina
12:10 - 1:10p

Group Cycle
Carol
12:10 - 1:05p

Kids P.E.**
Natasha
4:15 - 5:00p

KICKBOX/CORE
Kyesha
5:30 - 6:30p

BODYFLOW*
Tina
5:30 - 6:30p

Group Cycle
Stacie
5:30 - 6:30p

BODYSTEP*
Kylee
6:35 - 7:35p

Muscle Works
Kyesha
6:35 - 7:35p

Group Cycle
Leigh
6:45 - 7:45p

Yoga
Sarah
7:35 - 8:35p

Silver Sneak. I
Christina
8:00 - 8:45a

Wednesday

IMPACT SMB CYCLE CONF

Yogalates
Lisa B.
6:00 - 7:00a

Group Cycle
Percy
6:00 - 6:45a

Dawn Patrol
Bill & John
7:00 - 7:30a

Fitness Yoga
Yasmin
8:15 - 9:30a

BODYPUMP
Ashley
9:15 - 10:15a

Group Cycle
Amanda
9:30 - 10:30a

Silver Sneak.
Pam
9:00 - 10:00a

Line Dancing
Dawn
10:15 - 11:15a

Multi Lvl Pilates
Lisa H
10:10 - 11:00a

Silver Sneak.
Pam
10:15 - 11:15a

Gentle Yoga
Tina
11:10 - 12:00p

Zumba
Yetta
12:15 - 1:15p

BODYFLOW
Tina
12:10 - 1:00p

Cycle
Stacie
12:10 - 1:10p

BODYATTACK
Kylee
5:30 - 6:30p

Intermed Yoga
Bonnie
5:30 - 6:45p

Group Cycle
Gary
5:30 - 6:30p

BODYPUMP
Kylee
6:35 - 7:35p

Line Dancing*
Dawn
6:45 - 7:45p

Group Cycle
David
6:45 - 7:45p

Classes with * are family friendly and welcome ages 9 and up

** Meets at the Wellness Desk

We build strong kids, strong families, strong communities.

Thursday

IMPACT SMB CYCLE CONF

BODYPUMP John 5:45 - 6:45a	Beg. Yoga Yasmin 6:00 - 7:00a	Group Cycle Terri 6:00 - 6:45a
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Silver Sneak. I Christina 8:00 - 9:00a

BODYATTACK Christy 9:15 - 10:15a	Multi Lvl Pilates Lisa H 9:15 - 10:00a
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AOA Step Yetta 10:15-11:15a
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Fitness Yoga Eleni 11:10 - 12:00p
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BODYPUMP Georgette 12:15 - 1:15p	Gentle Yoga Heather 12:10 - 1:25p	Group Cycle Carol 12:10 - 1:05p
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Kids P.E.** Natasha 4:15 - 5:00p

BODYPUMP Linda 5:30 - 6:30p	BODYFLOW* Jamie 5:30 - 6:30p	Group Cycle Bob 5:30 - 6:30p
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BODYCOMBAT* Brandy 6:35 - 7:35p	Power Yoga Rosalinde 6:35 - 7:35p	Group Cycle Christy 6:45 - 7:45p
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Friday

IMPACT SMB CYCLE CONF

Fitness Yoga Yasmin 6:00 - 7:00a	Group Cycle Del 6:00 - 6:45a
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Dawn Patrol Bill & John 7:00 - 7:30a

Line Dancing Dawn 8:15 - 9:10a	Fitness Yoga Yasmin 8:15 - 9:30a
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BODYSTEP Sandi 9:15 - 10:15a	Group Cycle David 9:30 - 10:30a	Silver Sneak. Pam 9:00 - 10:00a
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BODYPUMP Patty 10:15 - 11:15a	Fit Stretch Betty 10:00 - 10:55a	Silver Sneak. Pam 10:15 - 11:15a
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Beg. Yoga Heather 11:05 - 12:05p

Zumba Shannon 12:15 - 1:15p	Yoga Flow Heather 12:15 - 1:25p	Group Cycle Bob 12:10 - 1:05p
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Group Cycle Leigh 5:30 - 6:30p

Zumba* Georgette/Tristan 6:00 - 7:00p
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Saturday

IMPACT SMB CYCLE CONF

BODYPUMP Brandy 7:30 - 8:30a	Group Cycle Percy 7:15 - 8:30a
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BODYCOMBAT* Tim 8:40 - 9:40a	Pilates Carol 9:00 - 10:00a	Group Cycle Stacie 8:45 - 9:45a
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BODYPUMP Theresa/Ann 9:45 - 10:45a	BODYFLOW Katrina/Jamie 10:00 - 11:00a
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Fitness Yoga Yasmin 3:00 - 4:45p

Sunday

IMPACT SMB CYCLE CONF

Group Cycle Linda 2:30 - 3:30p

Gentle Yoga Carmen 3:00 - 4:30

NOTE: All Group Exercise Classes beginning with "BODY" are Les Mills trademark.

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** Meets at the Wellness Desk

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