

Y GROUP EXERCISE™

Group Fitness Schedule July 2010 — October 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM MPR/GES	Cycling Carolee	Body Sculpt Alyx	Cycling Carolee	Body Sculpt Alyx	Cycling Carolee	
6:00 AM GES	Turbo Kick Christy	Yoga Meg	Turbo Kick Christy	Yoga Meg	Turbo Kick Christy	
7:10 AM I-Pool	Aqua Fit Lulu		Aqua Fit Lulu		Aqua Fit Lulu	
7:00 AM GES				Turbo Kick Carrie		
8:00am	Walking Group Lulu		Walking Group Lulu		Walking Group Lulu	Zumba Sonia
8:10am I-Pool		Aqua Fit Maria		Aqua Fit Maria		
8:10 AM GES	PiYo Jodie	Yoga Sherrie	Pilates Jodie	Yoga Sherrie	Pilates Jodie	Cycling Carolee
9:00 AM O-Pool	Deep H2O Rosie	Water Walk Irmgard	Deep H2O Rosie	Water Walk Irmgard	Deep H2O Rosie	Aqua Fit Barbara
9:15 AM GES	Turbo Kick Kalah	Cardio Interval Kalah	Zumba Alyx	B.Y.O.B John	Turbo Kick Kalah	Boot Camp (9am) Teresa
10:30AM GES	Senior Fit Irmgard	Super Stretch Irmgard	Senior Fit Irmgard	Super Stretch Irmgard	Senior Fit Irmgard	
11:30 AM GES		Tai Chi Ed		Tai Chi Ed		
12:15 PM MPR	Cycling John			Cycling John		
12:10 PM GES	Butts & Guts Jose	Zumba Sonia	Cardio Interval Jose	Zumba Meryl	Cardio Interval Jose	
12:10 PM I-Pool	Twinges Rosie		Twinges Rosie		Twinges Lulu	
4:30PM GES	Cardio S&S Sherrie	B.Y.O.B Sherrie	Turbo Kick Carrie	Body Sculpt John	Yoga Maria	
5:30PM GES	Turbo Kick Linda	Power Step Teresa	Boot Camp Teresa	Step Jam Jose	Turbo Kick Jose	
6:00PM MPR	PiYo (YC) John	Cycling Minerva		Cycling Minerva		
6:30PM GES/Pool	Boot Camp Teresa	Aqua Fit (6:00PM) Sophia	Zumba Rani	Aqua Fit (6:00PM) Sophia		

Policies

1. Be on time to ensure your space in class.
2. Sign-in at membership desk to get a fitness pass to enter a class.
3. Wear proper work out attire.
4. No food or drink - only water.

Class Locations

GES
Group Exercise
Main Building

MPR
Mulit Purpose Rm

Near Kids Zone
Youth Center
YC

All classes and instructors are subject to change without notice.



Salinas Community YMCA
117 Clay Street, Salinas, CA
93901