

YGROUP EXERCISE™

July 2010

We build strong kids, strong families, strong communities.

Martinsville-Henry
County Family
YMCA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please read the schedule carefully. Classes are scheduled based off instructor availability.</p>	<p>The Y welcomes Guest instructors Kathy Graham=KG</p>	<p>Stephanie Vipperman=SV</p>	<p><u>ZUMBA 5:30 has moved to 4:30 See Below!</u></p>	<p>6:00 I.C.- ML 7:10 Yoga-PH 4:30 <u>LatinCardio</u>-MT 5:30 C/S-KS</p>	<p>6:00Fitball/Bands-ML 8:00 Cycle/Sculpt-JL 12:10 Sculpt- TM 4:30 30/30-MPS</p>	<p><u>No Classes Happy July 4th</u></p>
<p>TB-Theresa ML-Marsha PH-Pat MT-Megan KS-Kayla JL-Jane MPS-Margie</p>	<p><u>No Classes Happy July 4th</u></p>	<p>6:00 C/S - TB 7:10 Yoga-PH 4:30 Pwr Sculpt- MT 5:30 DrumItUp- KB <u>Collinsville YMCA</u> 6:30 <u>Zumba</u>-JR</p>	<p>6:00C/S-ML 8:00 <u>Zumba</u> -JL 9:10Yoga-PH 12:10 Sculpt- LG 4:30 <u>Zumba</u> - PB 5:30 Cardio-KB 6:30 Cycling – No Class</p>	<p>6:00 I.C.- TB 7:10 Yoga-PH 4:30 <u>LatinCardio Sculpt</u>-JR 5:30 C/S-KS</p>	<p>6:00Fitball/Bands-ML 8:00 Cycle/Sculpt-JL 12:10 Sculpt- TM 4:30 I.C.-LG</p>	<p>8:30 <u>Zumba</u>-KG 9:30 Pwr Sculpt -AH 10:30 IntroCycle-AH <u>Collinsville YMCA Zumba</u> - JR 10:30 am \$3.00 per person</p>
<p>KB-Kenny JR-Judy LG-Lisa PB-Parham TM-Tonya AH-Anita</p>	<p>6:00 Power Sculpt-ML 8:00 C/S-JL 12:10 Sculpt- TM 4:30 Cardio-KB 5:30 <u>Zumba</u>-JR 6:30 Yoga - AN</p>	<p>6:00 C/S - TB 7:10 Yoga-PH 4:30 Pwr Sculpt- LG 5:30 DrumItUp- KB <u>Collinsville YMCA</u> 6:30 <u>Zumba</u>-PB</p>	<p>6:00C/S-ML 8:00 <u>Zumba</u> -JL 12:10 Sculpt- DH 4:30 <u>Zumba</u> - PB 5:30 STEP-LS 6:30 Cycling – No Class -</p>	<p>6:00 I.C.- TB 7:10 Yoga-PH 4:30 <u>Zumba</u>-KG 5:30 C/S-KS</p>	<p>6:00Fitball/Bands-ML 8:00 Cycle/Sculpt-JL 12:10 Sculpt- TM 4:30 IC-LG</p>	<p>8:30 C/S-JH 9:30 Pwr Sculpt -AH 10:30 IntroCycle-AH <u>Collinsville YMCA Zumba</u> - TBA 10:30 am \$3.00 per person</p>
<p>GL-Gretchen AN-Angela KG-Kathy LW-Liz CG-Carin CAM-CarolAnn JH-Joyce</p>	<p>6:00 Power Sculpt-ML 8:00 C/S-JL 12:10 Sculpt- DH 4:30 Cardio-KB 5:30 <u>Zumba</u>-SV 6:30 Yoga - AN</p>	<p>6:00 C/S - TB 7:10 Yoga-PH 4:30 Pwr Sculpt- LG 5:30 DrumItUp- KB <u>Collinsville YMCA</u> 6:30 <u>Zumba</u>- No Teacher NoClass</p>	<p>6:00C/S-ML 8:00 <u>Zumba</u> -JL 9:10Yoga-PH 12:10 Sculpt- TM 4:30 <u>Zumba</u> - PB 5:30 30/30-MPS 6:30 Cycling – No Class</p>	<p>6:00 I.C.- TB 7:10 Yoga-PH 4:30 <u>LatinCardio Sculpt</u>-LG 5:30 C/S-KS</p>	<p>6:00Fitball/Bands-ML 8:00 Cycle/Sculpt-JL 12:10 Sculpt- LG 4:30 30/30-MPS</p>	<p>8:30 DrumItUp-KB 9:30 Pwr Sculpt -AH 10:30 IntroCycle-AH <u>Collinsville YMCA Zumba</u> - SV 10:30 am \$3.00 per person</p>
<p>Punch Cards may be purchased to take classes or pay individually. You don't have to be a member</p>	<p>6:00 Power Sculpt-ML 8:00 C/S-JL 12:10 Sculpt- TM 4:30 30/30-MPS 5:30 <u>Zumba</u>-MT 6:30 Yoga – No Class</p>	<p>6:00 C/S - TB 7:10 Yoga-PH 4:30 Pwr Sculpt- MT 5:30 DrumItUp- -KB <u>Collinsville YMCA</u> 6:30 <u>Zumba</u>-JR</p>	<p>6:00C/S-ML 8:00 <u>Zumba</u> -JL 12:10 Sculpt- DH 4:30 <u>Zumba</u> - PB 5:30 Cardio-KB 6:30 Cycling – No Class</p>	<p>6:00 I.C.- TB 7:10 Yoga-PH 4:30 <u>LatinCardio</u>-MT 5:30 C/S-KS</p>	<p>6:00Fitball/Bands-ML 8:00 Cycle/Sculpt-JL 12:10 Sculpt- DH 4:30 STEP-JR</p>	<p>8:30 CardioDance-ML 9:30 Pwr Sculpt -AH 10:30 IntroCycle-AH <u>Collinsville YMCA Zumba</u> - JR 10:30 am \$3.00 per person</p>