

YGROUP EXERCISE™

Martinsville-Henry
County Family
YMCA

June 2010

We build strong kids, strong families, strong communities.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Meet our newest instructors Angela Naff – AN Parham Barber-PB See bulletin board For remaining names	YOGA !!! That's Right!!! Check It Out!!! Your tight muscles can use this session.	1 6:00 C/S - TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt- LS 5:30 DrumItUp- KB *6:00 Firm-It-Up- LG 6:30 <u>CvilleY</u> Zumba-JR	2 6:00C/S-ML 8:00 <u>PopDance</u> -JL 9:10Yoga-PH 12:10 Sculpt- DH 4:30 I.C.-KB 5:30 <u>Zumba</u> -PB 6:30 Cycling - MT	3 6:00 I.C.- TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 <u>LatinCardio</u> -MT 5:30 C/S-KS 6:00 Firm-It-Up - JR	4 6:00Fitball/Bands-ML 8:00 I.C.= MT 12:10 Sculpt- TM 4:30 30/30 - MPS	5 8:30 Interval - AH 9:30 Pwr Sculpt -MT 10:30 No Class <u>Collinsville YMCA</u> <u>Zumba</u> - GL 10:30 am \$3.00 per person
6 <u>Collinsville YMCA</u> <u>Zumba</u> - GL 2:00 pm \$3.00 per person	7 6:00 Power Sculpt-ML 8:00 C/S-JL 12:10 Sculpt- TM 4:30 30/30-MPS 5:30 <u>Zumba</u> -JR 6:30 Yoga - AN	8 6:00 C/S - TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt- LG 5:30 DrumItUp- KB *6:00 Firm-It-Up- DH 6:30 <u>CvilleY</u> Zumba-PB	9 6:00C/S-ML 8:00 <u>Zumba</u> -JL 12:10 Sculpt- LG 4:30 Cardio - JR 5:30 <u>Zumba</u> - PB 6:30 Cycling -MT	10 6:00 I.C.- TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 <u>LatinCardio</u> -MT 5:30 C/S-KS 6:00 Firm-It-Up - JR	11 6:00Fitball/Bands-ML 8:00 C/S-JH 12:10 Sculpt- DH 4:30 STEP - JR	12 8:30 DrumItUp - KB 9:30 Pwr Sculpt – AH 10:30 Intro Cycle-AH <u>Collinsville YMCA</u> <u>Zumba</u> - JR 10:30 am \$3.00 per person
13 <u>Collinsville YMCA</u> <u>Zumba</u> - JR 2:00 pm \$3.00 per person	14 6:00 Power Sculpt-ML 8:00 C/S-JH 12:10 Sculpt- DH 4:30 C/S-LS 5:30 <u>Zumba</u> -JR 6:30 Yoga - AN	15 6:00 C/S - TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt- LS 5:30 DrumItUp-KB *6:00 Firm-It-Up- LG 6:30 <u>CvilleY</u> Zumba-PB	16 6:00C/S-ML 8:00 <u>Zumba</u> -JL 12:10 Sculpt- LG 4:30 I.C.-KB 5:30 <u>Zumba</u> -PB 6:30 Cycling -MT	17 6:00 I.C.- TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 <u>LatinCardio</u> -JR 5:30 C/S-KS 6:00 Firm-It-Up - LG	18 6:00Fitball/Bands-ML 8:00 Drum/Cycle-JL 12:10 Sculpt- TM 4:30 30/30 - MPS	19 8:30 Cardio-JR 9:30 Pwr Sculpt – AH 10:30 Intro Cycle-AH <u>Collinsville YMCA</u> <u>Zumba</u> - GL 10:30 am \$3.00 per person
20 <u>Collinsville YMCA</u> <u>Zumba</u> - PB 2:00 pm \$3.00 per person	21 6:00 Power Sculpt-ML 8:00 I.C.-MT 12:10 Sculpt- DH 4:30 C/S-JH 5:30 <u>Zumba</u> -JR 6:30 Yoga - AN	22 6:00 C/S - TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt- LS 5:30 DrumItUp- KB *6:00 Firm-It-Up-DH 6:30 <u>CvilleY</u> Zumba-JR	23 6:00C/S-ML 8:00 <u>Zumba</u> -MT 9:10Yoga-PH 12:10 Sculpt- TM 4:30 I.C.-KB 5:30 <u>Zumba</u> -PB 6:30 Cycling-AH	24 6:00 I.C.- TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 <u>LatinCardio</u> -MT 5:30 C/S-KS 6:00 Firm-It-Up - JR	25 6:00Fitball/Bands-ML 8:00 I.C.-MT 12:10 Sculpt- LG 4:30 <u>Zumba</u> -PB	26 8:30 CardioDance ML 9:30 Pwr Sculpt – AH 10:30 Intro Cycle-AH <u>Martinsville YMCA Gym</u> – <u>Zumba</u> - PB 10:30 am \$3.00 per person
27 <u>Collinsville YMCA</u> <u>Zumba</u> - GL 2:00 pm \$3.00 per person	28 6:00 Power Sculpt-ML 8:00 C/S-JL 12:10 Sculpt- LG 4:30 30/30-MPS 5:30 <u>Zumba</u> -JR 6:30 Yoga - JR	29 6:00 C/S - ML 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt- JR 5:30 DrumItUp- KB *6:00 Firm-It-Up- LG 6:30 <u>CvilleY</u> Zumba - PB	30 6:00C/S-ML 8:00 <u>Zumba</u> -JL 12:10 Sculpt- DH 4:30 I.C.-KB 5:30 <u>Zumba</u> -PB 6:30 Cycling -AH	Zumba it's not just for women – come check out a class gentlemen – you might just have a good time.	*Firm-It-Up occurs at the Henry County Admin Bldg (lobby)	NEW – <u>Zumba</u> at our Collinsville YMCA Location <u>Tuesday's 6:30pm</u>