



# Group Exercise Schedule February 2012

**Martinsville-Henry  
County Family YMCA**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>TRY A SUNDAY CLASS. GREAT WAY TO START YOUR WEEK.</b></p>	<p>*Must sign up for cycling classes in advance. Sign-ups will be after the classes each week</p>	<p><b>*FYI Tue/Thurs 6 am classes will be back on the schd in March.</b></p>	<p>1 6:00 Intervals-ML 7:10 – Kundalini - PH 8:00 Zumba -JL 12:10 Sculpt- DH 4:30 Instr Choice - KW 5:30 Old School - KB</p>	<p>2 7:10 Yoga – PH 4:30 Zumba/Sculpt –LG 5:30 Cardio/Sculpt- JR  <u>Collinsville YMCA</u> 6:00 Power Sculpt - DH Bring a Mat or Towel</p>	<p>3 6:00Fitball/Bands-ML 8:00 Cycling/Drums- JL 12:10 Sculpt- TM 4:30 – 5:15 (45 mins) Inst. Choice- JH</p>	<p>4 8:00 – 8:30 (Free) Cycling – AH* 8:30 CardioBlast –ML 9:30 Pwr Sculpt - AH 10:30 – Cycling - AH*  <u>Collinsville YMCA</u> 10:00 Zumba – LG</p>
<p>5 <b>3:00 X-FIT- SW (M'ville Gym)</b>  <b>4:00 YOGA - JR</b></p>	<p>6 6:00 Power Sculpt- ML <b>8:00 Instr Choice - TM</b> 12:10 Sculpt - SW 4:30 Instr Choice - LG 5:30 Zumba - CB</p>	<p>7 7:10 Yoga - PH 12:10 Lite Cardio - MP 4:30 PwrSculpt- KW 5:30 Modified Interval- KS  <u>Collinsville YMCA</u> 6:30 Zumba- JR</p>	<p>8 6:00 Intervals-ML 8:00 Zumba -JL 12:10 Sculpt- DH 4:30 Instr Choice - JH 5:30 Old School - KB</p>	<p>9 7:10 Yoga – PH 4:30 Zumba/Sculpt –LG 5:30 Cardio/Sculpt- KW  <u>Collinsville YMCA</u> 6:00 Power Sculpt - JR Bring a Mat or Towel</p>	<p>10 6:00Fitball/Bands-ML 8:00 Zumba - JL 12:10 Sculpt- LG 4:30 – 5:15 (45 mins) Inst. Choice- MPS</p>	<p>11 8:00 – 8:30 (Free) Cycling – AH* 8:30 Inst Choice – JR 9:30 Pwr Sculpt - AH 10:30 – Cycling - AH*  <u>Collinsville YMCA</u> 10:00 Zumba – CB</p>
<p>12 <b>3:00 Zumba - LG</b></p>	<p>13 6:00 Power Sculpt- ML <b>8:00 Instr Choice -TM</b> 12:10 Sculpt - DH 4:30 Instr Choice - MP 5:30 Zumba - JR</p>	<p>14 7:10 Yoga - PH 12:10 Lite Cardio - TM 4:30 PwrSculpt- SW 5:30 Instr Choice- KW  <u>Collinsville YMCA</u> 6:30 Zumba- LG</p>	<p>15 6:00 Intervals-ML 7:10 – Kundalini - PH 8:00 Zumba -JL 12:10 Sculpt- MP 4:30 Instr Choice - MPS 5:30 Old School - JR</p>	<p>16 7:10 Yoga – PH 4:30 Zumba/Sculpt – CB 5:30 Modified Interval- KS  <u>Collinsville YMCA</u> 6:00 Power Sculpt - LG Bring a Mat or Towel</p>	<p>17 6:00Fitball/Bands-ML 8:00 Cycling/Drums-JL 12:10 Sculpt- LG 4:30 – 5:15 (45 mins) Inst. Choice- KW</p>	<p>18 8:00 – 8:30 (Free) Cycling – AH* 8:30 X-FIT – SW (M'ville Gym) 9:30 Pwr Sculpt - AH 10:30 – Cycling - AH*  <u>Collinsville YMCA</u> 10:00 Zumba – JR</p>
<p>19 <b>3:00 InstrChoice- TB</b>  <b>4:00 YOGA - JR</b></p>	<p>20 6:00 Power Sculpt- ML <b>8:00 Instr Choice -MP</b> 12:10 Sculpt - LG 4:30 Instr Choice -MPS 5:30 Zumba - JR</p>	<p>21 7:10 Yoga - PH 12:10 Zumba - LG 4:30 PwrSculpt- KW 5:30 Instr Choice- KS  <u>Collinsville YMCA</u> 6:30 Zumba- CB</p>	<p>22 6:00 Intervals-ML 8:00 Zumba -JL 12:10 Sculpt- DH 4:30 Instr Choice -MP 5:30 Old School - KB</p>	<p>23 7:10 Yin – PH 4:30 Zumba/Sculpt –JR 5:30 Cardio/Sculpt- KW  <u>Collinsville YMCA</u> 6:00 Power Sculpt - LG Bring a Mat or Towel</p>	<p>24 6:00Fitball/Bands-ML 8:00 Zumba - JL 12:10 Sculpt- TM 4:30 – 5:15 (45 mins) Inst. Choice- JR</p>	<p>25 8:00 – 8:30 (Free) Cycling – AH* 8:30 Inst Choice – KB 9:30 Pwr Sculpt - AH 10:30 – Cycling - AH*  <u>Collinsville YMCA</u> 10:00 Zumba –CB</p>
<p>26 <b>3:00 Zumba- CB</b></p>	<p>27 6:00 Power Sculpt- ML <b>8:00 Instr Choice -TM</b> 12:10 Sculpt -DH 4:30 Instr Choice -SW 5:30 Zumba - LG</p>	<p>28 7:10 Yoga - PH 12:10 Lite Cardio -DH 4:30 PwrSculpt- MP 5:30 Instr Choice-KW  <u>Collinsville YMCA</u> 6:30 Zumba- JR</p>	<p>29 6:00 Intervals-ML 8:00 Zumba -JL 12:10 Sculpt- TM 4:30 Instr Choice -JR 5:30 Old School - KB</p>	<p>KB-Kenny JR-Judy LG-Lisa G TM-Tonya AH-Anita DH-Dottie TB – Theresa ML – Marsha SW-Scotty PH-Pat</p>	<p>KS -Kayla JL-Jane KW-Kathy Wilson MP-Marilyn Prillaman CB-Crystal Bowles MPS-Margie JH - Joyce</p>	