

*** Indicates
additional fee**

**2010 Summer II Group Fitness Session
July 11 – August 7, 2010**

**4
Weeks**



The Ashland Area YMCA reserves the right to cancel classes that consistently have 5 or less participants.

TIME	Studio	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Time Listed	RR		Beginner Yoga w/ Carol 7:30-8:25	Yoga Lite w/ Carol 8:00-8:55	Beginner Yoga w/ Carol 7:30-8:25		
8:30-8:55	AC	½ abs w/Emily	½ Abs w /Lana	½ abs w/ Emily	½ Abs w /Lana		
8:30-8:55	RR		Active Older Adults w/ Carol		Active Older Adults w/ Carol		
9:00-9:55	GCR		Indoor Cycling W/ Emily		Indoor Cycling W/ Emily		
9:00-9:55	AC	Interval Training w/ Rhonda	Kickboxing w/Gina	Interval Training w/ Rhonda	Kickboxing w/Gina		
9:00-9:55	RR	Mat Pilates w/Cheri	Pilates w/ Lana	Mat Pilates w/ Cheri	Pilates w/Lana	Zumba Toning w/ Kelli	Toning W/Sonya
10:00-10:55	AC	Zumba w/Gina	Let's Tone w/Gina	Zumba w/Gina	Let's Tone w/ Gina	Zumba w/Gina	Zumba w/ Sonya
10:00-10:55	RR	Toning w/Rhonda	Hip Hop Dance w/ Lana	Toning w/Rhonda	Hip Hop Dance w/ Lana		
EVENING CLASSES							
5:00-5:25	AC	½ Zumba Toning w/ Kelli	½ Abs w/ Gina	½ Zumba Toning w/ Marta	½ Abs w/ Gina		
5:30-6:25	AC	Zumba w/ Kelli Youth Gym	Kickboxing w/ Gina AC	Zumba w/ Marta Youth Gym	Kickboxing w/ Gina AC		
5:30-6:25	RR	Tone Up w/ Rhonda	Mat Pilates w/ Cheri	Tone Up w/ Rhonda	Mat Pilates w/ Cheri		
6:30-7:25	GCR		Indoor Cycle w/Emily		Indoor Cycle w/Emily		
6:30-7:25	AC	*Ballet (3-5 yrs old) Instructor: Lana	Zumba w/ Gina Youth Gym	*Ballet (3-5 yrs old) Instructor: Lana	Zumba w/ Heather Youth Gym		
7:45-8:40	AC	*Contemporary Dance (6-11 yrs old) Instructor: Lana		*Contemporary Dance (6-11 yrs old) Instructor: Lana			
	RR	*Martial Arts 7:30-8 Lil Dragons 8-9 Karate			Martial Arts Practice Nite 7:30-8:30		