

**\* Indicates additional fee**

## 2010 Mid-Winter Group Fitness Session

Feb. 28, –Apr. 10, 2010



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
8:30-8:55	AC	½ abs w/Oreatha	8.30-9:00 Active Adults W /Jill (RR)	½ abs w/Oreatha	8.30-9:00 Active Adults W /Jill (RR)		
9:00-9:55	GCR	=====	Indoor Cycling W/Chrissie	=====	Indoor Cycling W/Chrissie	=====	
9:00-9:55	AC	Kickboxing W/Chrissie	Beg.Toning W/Oreatha	Kickboxing W/Chrissie	Beg.Toning W/Oreatha	Zumba Toning w/ Gina	
9:00-9:55	RR	Intermediate Advanced Pilates W/Oreatha	Beg.Pilates W/Jill	Inter Advanced Pilates W/Oreatha	Beg.Pilates W/Jill	Intermediate Advanced Pilates w/ Oreatha	Toning W/Sonya
10:00-10:55	AC	Lets Tone W/Gina	Zumba W/Gina	Lets Tone W/Gina	Zumba W/Gina	Zumba W/Gina	Zumba W/ Sonya
11:00-12:00	Meet In AC	Women's Weight Training w/ Gina		Women's Weight Training w/ Gina			
<b><u>EVENING CLASSES</u></b>							
5:00-5:25	AC	½ Hr. Zumba Toning w/ Kelli	½ Hr. Abs w/ Gina	½ Hr. Zumba Toning w/ Marta	½ Hr. Abs w/ Gina	½ Abs w/ TBA	
5:30-6:30	Adult Gym	Zumba w/ Kelli	Zumba w/ Heather	Zumba w/ Marta	Zumba w/ Gina	Zumba w/Zumba Inst.	
5:30-6:25	AC	Toning w/ Chrissie	Step & Tone w/ Chrissie	Toning w/ Chrissie	Step & Tone w/ Chrissie		
6:30-7:30	GCR	=====	Indoor Cycling w/ Chrissie	=====	Indoor Cycling w/ Chrissie	=====	
6:30-7:25	AC	Kickboxing w/ Chrissie	1/2 Toning w/ Heather 6:30-7:00	Kickboxing w/ Chrissie	½ Toning w/ Heather 6:30-7:00		
6:30-7:30	RR		*Martial Arts w/ Zach		*Intermediate-Advanced Clogging		

Ashland Area YMCA Certified Group Exercise Instructors Gina Brison, Jill Johnson, Sonya Westing, Marta Taylor, Chrissie Smith, Heather Hensley, Oreatha Barber & Kelli Sloan. We look forward to being a part of your exercise regimen.

Our classes run on a six week session, we reserve the right to change classes/times/days for future sessions as needed to meet the needs of our membership.