

YGROUP EXERCISE™

Martinsville-Henry
County Family
YMCA

February 2010

We build strong kids, strong families, strong communities.

Sun	Mon	Tue	Wed	*Thu- Free Day	Fri	Sat
	1 6:00 Power Sculpt - ML 8:00 C/S-JL 12:10 Sculpt-DH 4:30 C/S - JR 5:30 I.C - KB	2 6:00 C/S -TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt-AF 5:30 30/30 - MPS 6:00 Firm-It-Up @HCAB-LG	3 6:00 C/S ML 8:00 C/S-JL 9:10 Yoga -PH 12:10 Sculpt-TM 4:30 C/S-JH 5:30 SimpleStepJR 6:30 Cycling-CAM	4 6:00 I.C. -TB 7:10 Yoga-PH 12:10 Yoga-LW 4:30 30/30-MPS 5:30 I.C.- KS 6:00 Firm-It-Up @ HCAB-JR	5 6:00 Fitball/Bands-ML 8:00 C/S-JL 12:10 Sculpt-LG 4:30 I.C.-AF 5:30 DrumsAlive/ Step-AH	6 8:30 I.C. - KB 9:30 Power Sculpt AH 10:30- Cycling- MT Must pre-register
7 2:30 DrumsAlive-AH 3:30 Cycling – MT Must pre-register Week 2 of 10	8 6:00 Power Sculpt - ML 8:00 C/S-JL 12:10 Sculpt-TM 4:30 30/30-MPS 5:30 I.C - KB	9 6:00 C/S -TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt-AF 5:30 I.C.-KB 6:00 Firm-It-Up @HCAB-JR	10 6:00 C/S ML 8:00 C/S-JL 12:10 Sculpt-LG 4:30 Cardio Interval-JR 5:30 C/S-KS 6:30 Cycling-MT	11 6:00 I.C. -TB 7:10 Yoga-PH 12:10 Yoga-LW 4:30 Bt Camp-AF 5:30 I.C.-TW 6:00 Firm-It-Up @ HCAB-JR	12 6:00 Fitball/Bands-ML 8:00 C/S-JL 12:10 Sculpt-DH 4:30 Cardio/I.C.-JR 5:30 30/30-MPS	13 8:30 One Hour Cardio - AF 9:30 Power Sculpt AH 10:30 Cycling – JL Must pre-register
14 2:30 Yoga – PH 3:30 Cycling – MT Must pre-register Week 3 of 10	15 6:00 Power Sculpt - ML 8:00 C/S-JL 12:10 Sculpt-LG 4:30 C/S-JH 5:30 I.C - KB	16 6:00 C/S -TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt-LG 5:30 30/30-MPS 6:00 Firm-It-Up @HCAB-JR	17 6:00 C/S ML 8:00 C/S-JL 9:10 Yoga -PH 12:10 Sculpt-DH 4:30 I.C.-KB 5:30 C/S-LS 6:30 Cycling-CAM	18 6:00 I.C. -TB 7:10 Yoga-PH 12:10 Yoga-LW 4:30 YogaFirm-JR 5:30 I.C.-KS 6:00 Firm-It-Up @ HCAB-JR	19 6:00 Fitball/Bands-ML 8:00 C/S-JL 12:10 Sculpt-TM 4:30 I.C.-AF 5:30 IntroCycling- AH	20 8:30 40/20= Cardio/Yoga JR 9:30 Power Sculpt AH 10:30 Cycling – AH Must pre-register
21 2:30 BootCamp-AF 3:30 Cycling/Stretch-LW Must pre-register Week 4 of 10	22 6:00 Power Sculpt - ML 8:00 C/S-JL 12:10 Sculpt-DH 4:30 I.C.-KB 5:30 30/30-MPS	23 6:00 C/S -TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt-LG 5:30 I.C.-KB 6:00 Firm-It-Up @HCAB-JR	24 6:00 C/S ML 8:00 C/S-JL 12:10 Sculpt-TM 4:30 Cardio Interval- JR 5:30 C/S-KS 6:30 Cycling-MT	25 6:00 I.C. -TB 7:10 Yoga-PH 12:10 Yoga-LW 4:30 Pwr Sculpt-LG 5:30 I.C.-KS 6:00 Firm-It-Up @ HCAB-JR	26 6:00 Fitball/Bands-ML 8:00 C/S-JL 12:10 Sculpt-DH 4:30 Cardio/I.C.-JR 5:30 SimpleStep- MPS	27 8:30 One Hour Cardio - AF 9:30 Power Sculpt AH 10:30 Cycling- AH Must pre-register
28 2:30 Step – TB 3:30 Cycling – MT Must pre-register Week 5 of 10		Cycling – a one hour indoor biking workout - Pre-registration is required – allow 15 mins for bike setup	Drums Alive This is low impact and all you need is an open mind. Check it out! Let us know how you like!	*Thursdays In February: Want a FREE day? Bring a friend and you both get a FREE Day. No punch reqr	Friday 5:30 – Is always something different	You know the instructors. See the cork board for names. HCAB = Henry County Admin Bldg