

YGROUP EXERCISE™

Martinsville-Henry
County Family
YMCA

March 2010

We build strong kids, strong families, strong communities.

Sun	Mon	Tue	Wed	Freebie TH	Fri	Sat
Last Month of Sunday's <u>New Instructors:</u> Gretchen Lacy – GL Carin Gregory – CG Week 6 of 10	1 6:00 Power Sculpt-ML 8:00 C/S-JL 12:10 Sculpt-TM 4:30 C/S - LS 5:30 I.C. - KB	2 6:00 C/S-TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt-LG 5:30 30/30-KS 6:00 Firm-It-Up-JR	3 6:00C/S-ML 8:00 C/S-JL 9:10Yoga-PH 12:10 Sculpt-LG 4:30 Interval-JR 5:30 IC - KB 6:30 Cycling -MT	4 6:00 I.C.-TB 7:10 Yoga-PH 12:10 Yoga-LW 4:30 I.C.- AF 5:30 C/S - KS 6:00 Firm-It-Up - JR	5 6:00Fitball/Bands-ML 8:00 C/S-JL 12:10 Sculpt-DH 4:30 30/30 - MPS <u>5:30 Intro Cycling-AH</u>	6 8:30 One Hour - AF 9:30 Pwr Sculpt -AH 10:30 Cycling - MT Must pre-register
7 2:30 ZUMBA - GL 3:30 Cycling - MT Must pre-register Week 7 of 10	8 6:00 Power Sculpt-ML 8:00 C/S-JL <u>9:00 Cycling - CG</u> 12:10 Sculpt-DH 4:30 CS - JR 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 30/30-MPS 6:00 Firm-It-Up-JR	10 6:00C/S-ML 8:00 C/S-JL 12:10 Sculpt-TM 4:30 IC - KB <u>5:30 Drums/Scpt-AH</u> 6:30 Cycling - MT	11 6:00 I.C.-TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 I.C. - TW 5:30 C/S - KS 6:00 Firm-It-Up - JR	12 6:00Fitball/Bands-ML 8:00 C/S-JL 12:10 Sculpt-LG 4:30 I.C. - AF <u>5:30 Intro Cycling-AH</u>	13 8:30 I.C. - JR 9:30 Pwr Sculpt - AH 10:30 Cycling -MT Must pre-register
14 2:30 ZUMBA - GL 3:30 Cycling - MT Must pre-register Week 8 of 10	15 6:00 Power Sculpt-ML 8:00 C/S-JL <u>9:00 Cycling - CG</u> 12:10 Sculpt-TM 4:30 I.C. - KB 5:30 Cardio/Yoga – JR	16 6:00 C/S-TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt-LG 5:30 IC - KB 6:00 Firm-It-Up-JR	17 6:00C/S-ML 8:00 C/S-JL 9:10Yoga-PH 12:10 Sculpt-DH 4:30 30/30-MPS <u>5:30 Drums/Scpt-AH</u> 6:30 Cycling -MT	18 6:00 I.C.-TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 I.C. - AF 5:30 C/S - KS 6:00 Firm-It-Up - JR	19 6:00Fitball/Bands-ML 8:00 C/S-JL 12:10 Sculpt-LG 4:30 I.C. - KS <u>5:30 Intro Cycling-AH</u>	20 8:30 One Hour - AF 9:30 Pwr Sculpt - AH 10:30 Cycling-MT Must pre-register
21 2:30 ZUMBA - GL 3:30 Cycling - MT Must pre-register Week 9 of 10	22 6:00 Power Sculpt-ML 8:00 C/S-JL <u>9:00 Cycling - CG</u> 12:10 Sculpt-DH 4:30 30/30 - MPS <u>5:30 ZUMBA - JR</u>	23 6:00 C/S-TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt-AF 5:30 IC - KB 6:00 Firm-It-Up -JR	24 6:00C/S-ML 8:00 C/S-JL 12:10 Sculpt-TM 4:30 Interval-JH <u>5:30 Drums/Scpt-AH</u> 6:30 Cycling - JL	25 6:00 I.C.-TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 I.C. - TW 5:30 C/S - KS 6:00 Firm-It-Up - JR	26 6:00Fitball/Bands-ML 8:00 C/S-JL 12:10 Sculpt-TM 4:30 30/30 - MPS <u>5:30 Intro Cycling-AH</u>	27 8:30 IC - KB 9:30 Pwr Sculpt - AH 10:30 Cycling - JL Must pre-register
28 2:30 ZUMBA - GL 3:30 Cycling - MT Must pre-register Week 10 of 10	29 6:00 Power Sculpt-ML 8:00 C/S-JL <u>9:00 Cycling - CG</u> 12:10 Sculpt-TM 4:30 IC - KB 5:30 30/30 - MPS	30 6:00 C/S-TB 7:10 Yoga-PH 12:10 Pilates-LW 4:30 Pwr Sculpt- AF 5:30 CS - KS 6:00 Firm-It-Up - JR	31 6:00C/S-ML 8:00 Cardio/Sculpt-JL 12:10 Sculpt-DH 4:30 IC - KB <u>5:30 ZUMBA -JR</u> 6:30 Cycling - MT	Thurs are FREE !!! Drums Alive: We use the Fitness balls and Drum Sticks to create a fun and rhythmic workout that anyone can follow with sculpting.	ZUMBA- A Latin dance based workout that is easy to follow for all fitness levels. Bring an open mind, positive attitude & let's have fun.	Firm-It-Up: A low impact/sculpt offered at H.C. Admin Bldg- FREE to YMCA Members I.C.- Instr Choice CS – Cardio Sculpt