



NORTH PARK FAMILY YMCA GROUP EXERCISE SCHEDULE FALL/WINTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
GROUP EXERCISE STUDIO	9:00am	Tina 	Cardio Combo Tina	Circuit Challenge Robin	Cardio Combo Tina	Pilates Tina	Power Yoga Robin	
	10-10:15am		Ab Attack! Tina		Ab Attack! Tina			
	10:00am	Zumba Tina				Zumba Tina		
	12:00pm						Lauren 	
	5:00pm					Family Yoga Robin		
	6:00pm		Zumba Sarah	Hip Hop Robin		Zumba Maria		
	6:15pm	Lauren 			Lauren 		Classes are FREE for members!	
	7:30pm	Cardio Kickbox Lauren			Zumba Sarah			

COM-MUNITY ROOM	7:50am				Tai Chi Louis			
	8:00am	Yoga Flow An-Marie		Yoga Flow An-Marie		Yoga Flow An-Marie		
	10:30	Pilates Robin						
	7:30pm		Yoga Carrie		Yoga Kelli			

POOL	8:30am	Aqua Fitness Dian	Aqua Fitness Dian	Aqua Fitness Dian	Aqua Fitness Dian	Aqua Fitness Dian		
	9:30am		Hi Impact Aqua Fit An-Marie					
	6:00pm	Aqua Fitness Dian	Aqua Fitness Dian	Aqua Fitness Jackie	Aqua Fitness Dian			

NORTH PARK FAMILY YMCA
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YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.