



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kernersville Family YMCA – February, 2012

## Group Exercise AM & NOON Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:35 BodyPump – Cindy 8:30 Gentle Yoga- Sally 9:30 Kick & Punch- Angela T 11:00 Sizzlin’ Seniors – Angela T 12:15 Cardio Sculpt – Cindy	2 5:45 Cycle – Robin 8:35 Cardio Challenge – Sissy 9:30 BodyPump – Angela B & Michael 11:00 Silver Sneakers- Sally 12:15 Cycle- Bruce	3 5:35BodyPump- Robin 9:30 Zumba- Carlotta 9:30 Cycle – Angela B 10:30 Yoga – Sally 11:00 Sassy Seniors-Angela T 12:15CORE – Cindy	4 8:35 Cycle – Courtney 8:35 Yoga – Miriam 9:30 BodyPump- Cindy & Robin 9:45 Step- Leonia
6	7	8	9	10	11
5:45 Circuit- Dawn 8:35 K-Bell Combo– Angela T 9:30 Zumba – Barbie 9:30 Cardioblast- Sissy 11:00 Sassy Seniors- Angela T 12:00 SS Chair Yoga- Sally	5:45 Cycle- Michael E 9:15 CrossFit – Barb 9:30 BodyPump – Sissy & Michael 11:00 Silver Sneakers – Sharon 12:00 Line Dance – Sharon 12:15 Low Impact- Angela T	5:35 BodyPump – Robin 8:30 Gentle Yoga- Sally 9:30 Cycle – Robin 11:00 Sizzlin’ Seniors – Angela T 12:15 Cardio Sculpt- Cindy	5:45 Cycle – Robin 8:35 Cardio Challenge-Dawn 9:30 BodyPump – Sissy & Michael 11:00 Silver Sneakers- Sally 12:15 Cycle- Bruce	9:30 Zumba- Carlotta 9:30 Kettlebell Combo- Courtney 10:30 Yoga – Sally 11:00 Sassy Seniors-Angela T 12:15 Kettlebell CORE – Cindy	8:35 Cycle- Robin 8:35 Yoga -Lisa 9:30 BodyPump – Angela B & Cindy
13	14	15	16	17	18
5:45 Cardiosculpt – Dawn 8:35 K-Bell Combo – Angela T 9:30 Zumba – Barbie 9:30 Cycle – Sissy 11:00 Sassy Seniors- Angela T 12:00 SS Chair Yoga- Sally	5:45 Cycle- Michael E 9:15 CrossFit – Barb 9:30 BodyPump – Sissy & Michael 11:00 Silver Sneakers – Sharon 12:00 Line Dance – Sharon 12:15 Low Impact- Angela T	5:35 BodyPump – Cindy 8:30 Gentle Yoga- Sally 9:30 Kick & Punch- Angela T 11:00 Sizzlin’ Seniors – Angela T 12:15 Cardio Sculpt – Cindy	5:45 Cycle – Robin 8:35 Cardio Challenge – Sissy 9:30 BodyPump – Angela B & Michael 11:00 Silver Sneakers- Sally 12:15 Cycle- Bruce	5:35 BodyPump- Robin 9:30 Zumba- Carlotta 9:30 Cycle – Angela B 10:30 Yoga – Sally 11:00 Sassy Seniors-Angela T 12:15CORE – Cindy	8:35 Cycle – Angela B 8:35 Yoga- Miriam 9:30 BodyPump-Aimee & Angel 9:45 Step- Leonia
20	21	22	23	24	25
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27	28	29			
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Our Mission: Helping people reach their God-given potential in spirit, mind, and body.