



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

WILKES FAMILY YMCA

February 2012	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				5:30-6:30 Body Pump Jenny			
Body Pump Saturday Instructors- 2/4- Jenny 2/11- Angie 2/18- Heather 2/25- Jenna	8:00-8:45 Fitball Jenny	8:00-8:45 Move & Groove Cherie	8:00-8:45 Lite Body Conditioning Cherie	8:00-8:45 Pilates Jenny	8:00-8:45 Cardio Ball Jenny	8:15-9:15 Body Attack See box for Instructor	
Body Attack Saturday Instructors- 2/4- Cherie 2/11- Cherie 2/18- Ellen 2/25- Cherie	9:00-10:00 Body Pump Cherie & Jenny	9:00-10:00 Body Attack Cherie	9:00-10:00 Shake ya Groove Thing Cherie	9:00-10:00 Body Attack Cherie		9:30-10:30 Body Pump See box for Instructor	
	10:30-11:15 Silver Sneakers Anne	10:30-11:30 Line Dancing Kelley	10:30-11:15 Silver Sneakers Anne	10:30-11:30 Line Dancing Kelley	10:30-11:30 Baby Boogie Jenny		
Thursday Class Rotation 2/2- Chad 2/9- Chad 2/16- Adam 2/23 - Adam			11:30-12:30 Body Pump Jenna		12:00-1:15 Yoga Basics Brenda	12:00-1:00 Body Pump Angie	
Join us for a PARTY!! Line Dance Party Feb 24 th from 6:30- 8:00PM with Kelley!! Free to members!	5:30-6:30 Zumba Melissa	5:30-6:30 Cardio Funk Amanda	5:30-6:30 Body Pump Heather	5:30-6:30 Total Body Conditioning See BOX			
	6:30-7:30 Body Pump Heather	6:30-7:45 Yoga Nicole	6:40-7:40 Sparticus Tasha	5:30-7:30 Body Pump Ellen	6:30-8:00 LINE DANCE PARTY!!! Feb 24th Kelley		

WILKES FAMILY YMCA

1801 YMCA Boulevard Wilkesboro, NC 28697

P 336 838 3991 F 336 838 0979 www.wilkesymca.org A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."