

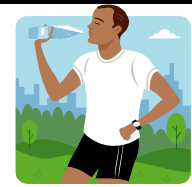


Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

Rochester Area Family Y

June 14th, 2010 - September 7th, 2010



Monday	Tuesday	Wednesday	Thursday	Friday	KEY MPR Balfour Aquatics Cycle Studio
Water Works Megan-Pool 8:00am-8:55am	Raging Water Level 2 Megan-Pool 8:00am-8:55am	Water Works Megan-Pool 8:00am-8:55am	Deep Water Sara L- Pool 8:00am-8:55am	Water Yoga/Pilates Sara L-Pool 9:15am-10:00am	
Silver Sneakers® Cardio Circuit Linda- Balfour 8:15am-9:00am	Silver Sneakers® Muscular Strength & ROM Lisa N-Balfour 8:15am-9:00am	Silver Sneakers® Cardio Circuit Linda-Balfour 8:15am-9:00am	Silver Sneakers® Muscular Strength & ROM Lisa N-Balfour 8:15am-9:00am	Silver Sneakers® Cardio Circuit Sara L-Balfour 8:15am-9:00am	
Yoga Mix Avin- MPR 8:15am-9:00am	Power Cut Robin F/Jen B-MPR 9:15am-10:10am	Zumba® Robin H-MPR 9:15am-10:10am	Power Cut Kelli/Lisa N/Maureen MPR 9:15am-10:10am	Yoga Mix Connie - MPR 8:15am-9:00am	
**Walk It Off ** Rotate OUTSIDE(meet at front desk 9:15am-10:10am	Pilates Mix Lisa N-Balfour 9:15am-10:10am	Group Strength Beth-Balfour 9:15am-10:10am	Zumba® Emily-Balfour 9:15am-10:10am	TurboKick® Becky-MPR 9:15am-10:25am	
Group Strength Pennie-MPR 9:15am-10:10am	Cycle/Core Maureen- Cycle Studio 9:15am-10:10am	Core Beth-Balfour 10:15am-10:30am	Silver Sneakers® Muscular Strength & ROM Paula-Balfour 10:35am-11:30am	Pilates Emily-Balfour 9:15am-10:10am	
Core Pennie-MPR 10:15am-10:30am	Belly Dancing Laura- Balfour 10:15am-11:00am	Silver Sneakers® Cardio Circuit Paula-Balfour 10:35-11:30am	Yoga/Pilates Maureen-MPR 10:15am-11:10am	Cycle/Core Pennie-Cycle Studio 9:15am-10:10am	
Yoga Mix Maureen-MPR 10:35am-11:25am	Hip Hop Dance Jen B- MPR 10:15am-11:00am	Qigong Bonnie- MPR 10:35am-11:30am		Core Emily-Balfour 10:15am-10:30am	
Silver Sneakers® Cardio Circuit Robin F- Balfour 10:35am-11:30am	Tai Chi Patrick- MPR 11:05am-11:55am	Yoga Sara A- MPR 11:35am-12:30pm	Beginning Zumba® Paula-Balfour 11:35-12:20	Group Strength Becky- MPR 10:30am-11:15am	
Just Breathe Maureen-MPR 11:30am-11:50am	Tai Chi Level 2 Patrick-Balfour 12:00pm-12:55pm			Gentle Stretch Yoga Nicole-Balfour 10:35am-11:30am	
Cycle Pennie- Cycle Studio 12:00pm-12:45pm	Power Cut Sara L-MPR 12:00pm-12:55pm		Power Cut Beth-MPR 12:00pm-12:55pm		
	Group Strength Patti-Balfour 3:45pm-4:25pm		Group Strength Patti- Balfour 3:45pm-4:25pm		
	Power Cut Lisa G/Beth-MPR 4:30pm-5:25pm	Cycle/Core Monica Cycle Studio 4:35pm-5:20pm	Power Cut Kelli/ Monica-MPR 4:30pm-5:25pm		
Zumba® Erica-MPR 4:35pm-5:25pm	Tri Yoga Flow Lisa P-Balfour 5:00pm-5:55pm	Step Mix Rotate-MPR 4:35-5:25	Yoga Anne-Balfour 5:30pm-6:25pm		
Power Qigong Bonnie-Balfour 4:30pm-5:25pm	CSI/Core Valerie-MPR 5:30pm-6:25pm	Pilates Avin-Balfour 5:30pm-6:15pm	Zumba® Megan MPR 5:30pm-6:25pm		
Step Mix Erica/Kelli-MPR 5:30pm-6:25pm	Just Breathe Maureen-Balfour 6:00pm-6:20pm	Kick'n Strength Lisa G-MPR 5:30pm-6:25pm	Water Intervals Connie M-Pool 6:30pm-7:15pm		
Group Strength Monica/Becky-MPR 6:30pm-7:25pm	Splish Splash Cardio Dance Megan-Silver Lake Pool 5:30pm-6:15pm	Yoga Mix Anne-Balfour 6:30pm-7:25pm			
Yoga Mix Connie M-Balfour 6:30pm-7:25pm	Belly Dancing Jen W- Balfour 6:30pm-7:25pm	Water Intervals Avin- Pool 6:30pm-7:15pm			

Thank you
for being a Y member!
 If you have any questions or feedback
 about our group fitness classes, please
 contact the Health and Wellness
 Program at: 507-287-2260
 ext 356 or email:
pennie@rochfamy.org

Boot Camp
Kick It Up A Notch
June 7-July 16
 Monday, Wednesday,
 Friday
 5:00am-6:15am

**Foundations of Boot
 Camp**
June 8-July 15
 Tuesday & Thursday
 6:00am-7:00am

Kettle Bells
Tuesdays
 June 15- July 20
 7am -7:45am

Wednesday & Friday
 June 23-July 30
 12:15pm -12:45pm

Thursdays
 June 17-July 22
 4:30pm-5:15pm

Want to try something new for the summer? Try Splish Splash Cardio Dance at the Silver Lake Pool on Tuesdays at 5:30 pm

*Additional fee for this class. Inquire at the Welcome Center.

For pricing info & more details on **Boot Camp** or **Kettle Bells** inquire at the Welcome Center.