



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

MIDTOWN YMCA

FEBRUARY 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule for February 2012	6:00a-6:45a *Cycling (Robin)	6:15a-7:00a *Express Body Pump (Sara)	6:00a-6:45a *Cycling (Robin)	6:15a-7:00a *Express Body Pump (Sara)	6:00a-6:45a *Cycling (Melissa)	8:50a-9:50a *Body Pump (Gina)
(-)- Instructor	11:30a-12:10p *Cycling/Core (Elizabeth)		11:30a-12:10p *Cycling (Elizabeth)			10:00a-11:00a Zumba (Gina)
*Passes given for all Cycling & Body Pump classes.		12:00p-12:50p Core (Melissa)	12:00p-12:30p Zumba (Tamara)	12:00p-12:50p *BodyPump (Amanda)		
	5:00p-5:15p Quick Core (Shawna)			5:15p-6:00p *Cycling (Amanda)		
	5:30p-6:30p Intermediate Yoga Flow (Shawna)	5:30p-6:30p *Body Pump (Amanda)	5:30p-6:30p Intermediate Yoga (Kara)	5:30p-6:25p Zumba (Stephanie)		
	6:45p-7:30p Yoga Basics (Jennifer)	6:30p-7:30p *Cycling (Amanda/Sara) Zumba (Stephanie)		6:30p-7:30p *BodyPump (Patti)		

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1110 North Classen Drive, Ste. 200, Oklahoma City, OK 73103
P 405 232 9622 www.ymcaokc.org