

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

North Side YMCA

<u>Monday</u> 5:45am - 6:00am Abdominals	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u> 5:45am -6:00am Abdominals	<u>Saturday</u>
6:00am - 7:00am Hi/Lo Interval Cathy	6:00am - 7:00am Cycling Alissa	6:00am - 7:00am Step Interval Cathy	6:00am - 7:00am Cycling Alissa	6:00am - 7:00am Instructor's Choice Cathy	8:00am - 8:50am Hi/Lo Darsi
8:30am - 9:30am Cycling Carolyn			8:30am - 9:30am Cycling Katie		8:50am - 9:15am Chisel Darsi
9:00am - 10:00am Lo Impact/Step Darsi	9:00am - 10:00am Step Circuit Alyssa	9:00am - 9:50am Lo Impact/Step Darsi	9:00am - 9:55am Step Choreography Alyssa	9:00am - 10:00am Lo Impact/Step Darsi	9:30am - 10:30am Cycling Dawn
		9:50am - 10:15am Chisel Darsi	9:55am - 10:25am Muscle Flex Alyssa		9:30am - 10:30am Yoga Shawna
10:10am - 11:10am Pilates Jamie		10:30am <i>Silver Sneakers II</i> Jamie		10:10am - 11:10am Zumba Susanna	
	11:00am - 12:00pm Yoga Ann		11:00am - 12:00am Yoga Ann		<u>Sunday</u>
12:00pm - 1:00pm Step Circuit Stephanie	12:00pm - 1:00pm Cycling (Advanced) Alyssa	12:00pm - 1:00pm Step Circuit Alyssa	12:00pm - 1:00pm Cycling Alex	12:00pm- 1:00pm Step Choreography Carolyn and Pilates Jamie (alternate weekly) One week step and the next week pilates	3:00pm - 4:00pm Zumba Cathy
1:10pm <i>Silver Sneakers</i> Yoga / Jamie	12:30pm <i>Silver Sneakers</i> Jamie		12:30pm <i>Silver Sneakers I</i> Jamie		
5:30pm - 6:00pm Stability Ball Alyssa					
6:00pm - 7:00pm Hi/Lo Alyssa	6:00pm - 7:00pm Step Circuit Carolyn	6:00pm - 7:00pm Zumba Glory	6:00pm - 7:00pm Zumba Glory	1:10pm <i>Silver Sneakers</i> Yoga / Jamie	
6:00pm - 7:00pm Cycling Shannon			6:00pm - 7:00pm Cycling Alex		
	7:00pm - 8:00pm Yoga Nora		7:00pm - 8:00pm Yoga Shawna		



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Revised 4/28/10

