



GREATER ANNAPOLIS FAMILY CENTER Y

HEALTH & WELL-BEING

SPRING II: 4/28/14 - 6/15/14

Y of Central Maryland
It's deeper here.®

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30am-CS Cycle-Julie L	5:30-6:30am-CS Cycle-Constance	5:30-6:30am-CS Cycle-Danielle	5:30-6:30am-CS Cycle-Smitty	5:30-6:30am-CS Cycle-Anne	
	7:30-8:30am-GX Yoga –Chris	7:30-8:30am-GX Yoga –Becky	7:30-8:30am-GX Yoga –Tracey	6:00-7:00am-GX Yoga– Julie S	7:30-8:30am-GX Yoga –Michele A	7:30-8:30am-CS Cycle-Meg
8:30-9:30am-GX Total Muscle Cond. Carol/Richie	8:30-9:30am-GX Total Muscle Cond. Jeanne	8:30-9:30am-GX Step & Strong Jude B	8:30-9:30am-GX Total Muscle Cond. Ashley	7:30-8:30am-GX Core Conditioning- Lynne	8:30-9:30am-GX Total Muscle Cond. Robin	7:30-8:30am-GX Yoga –Tracey
8:30-9:30am-CS Cycle-Julie L	8:30-9:30am-CS Cycle-Kathy	8:30-9:30am-CS Cycle-Gretchen	8:30-9:30am-CS Cycle-Smitty	8:30-9:30am-GX Step & Strong Robin	8:30-9:30am-CS Cycle-Jeanne/Shannon	8:30-9:30am-GX Zumba– TBA
9:30-10:30am-GX Pilates-Michele	8:30-9:30am-DS Pilates-Amy	8:30-9:30am-MP Yoga-Jan	8:30-9:30am-DS Pilates-Jude B	8:30-9:30am-CS Cycle-Gretchen	8:30-9:30am-DS Pilates-Veronica	9:30-10:30am-GX HIIT & Core-TBA
9:30-10:30am Cycle-Carol	9:30-10:30am-GX Group Strength-Kelly	9:30-10:30am-GX HIIT & Core-Lynne	9:30-10:30am-GX Zumba-Kelly	8:30-9:30am-MP Yoga-Jan	9:30-10:30am-GX Step & Strong Sue	9:30-10:30am-CS Cycle-Gayle
	9:30-10:30am-CS Cycle-Robin	9:30-10:30am-CS Cycle-Jeanne	9:30-10:30am-CS Cycle-Anne	9:30-10:30am-GX Group Strength- Kathy	9:30-10:30am-CS Cycle-Robin	10:30-11:30am-GX Cardio Dance party Richie
	10:30-12n-GX Yoga-Kelly	10:45-11:45-GX Everfit-Katie	10:30-12n-GX Yoga-Kelly	9:30-10:30am-CS Cycle-Karen	10:30-12n-GX Yoga-Chris/Becky R	10:30-11:30am-DS Zumbatomic -Meg Ages 6–11 \$\$
	12n-1pm-GX Zumba– Judy W		12n-1pm-GX Circuit Training– Linda	10:45-11:45-GX Everfit-Katie		
4:00-5:00pm-GX Yoga-Jan	4:30-5:30pm-GX Step & Strong- Marsha	4:30-5:30pm-GX Group Strength- Jeanine	4:30-5:30pm-GX Zumba –Lynne	4:30-5:30pm-GX Pilates Nikki		
	5:30-6:30pm-GX Group Strength- Darlene	5:30-6:30pm-GX Step & Strong Sue	5:00-6:00pm-MP Yoga-Stacey	5:30-6:30pm-GX HIIT & Core-Becky	5:30-6:30pm-GX Step & Strong -Nikki	
	5:30-6:30pm-CS Cycling– Lee	6:30-7:30pm-CS Cycling-Meg	5:30-6:30pm-CS Cycling-Smitty	6:30-7:30pm-CS Cycling-Jenn	6:30-7:30pm-MP Yoga– Stacey	
	6:30-7:30pm-CS Cycling-Stacey	6:15-7:15pm-MP Yoga-Art	5:30-6:30pm-GX HIIT & Core-Darlene	6:15-7:15pm-MP Yoga-Art	6:30-7:30pm-GX Zumba-Sherri	
	6:30-7:30pm-GX Zumba-Lynne	6:30-7:30pm-GX Zumba-Sherri Ticket required	6:00-6:30pm-DS Zumbatomic -Meg Ages 6 -11 \$\$	6:30-7:30pm-GX Zumba-Sherri Ticket required		
	7:30-8:30pm-GX Yoga & Bar-Marlene	6:30-7:30pm-DS Zumba-Steve	6:30-7:30pm-CS Cycling-Meg	6:30-7:30pm-DS Zumba-Fabiola	Room Key GX-LARGE GROUP X ROOM CS– CYCLING ROOM DS– Dance Studio (Area to the right of the Rock wall) MP– MULTIPURPOSE ROOM – orange room	
		7:30-8:30pm-GX Pilates -Marlene	6:30-7:30pm-GX Boot Camp-Victor	7:30-8:30pm-GX Cardio Dance & Core Richie		
			7:30-8:30pm-GX Zumba & Core Marlene			
					Register online at ymaryland.org	