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Johnson County Family YMCA
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GROUP EXERCISE

EFFECTIVE February 6th, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 am - 6:15 am	GROUP CYCLE with Lisa		GROUP CYCLE with Lisa		GROUP CYCLE with Lisa
5:30 am - 6:30 am		CARDIO BOOTCAMP with Darla		CARDIO BOOTCAMP with Darla	
5:45 am - 6:45 am		SPIN & SWIM with Bill		SPIN & SWIM with Bill	
8:00 am - 9:00 am	WATER EXERCISE * with Pat		WATER EXERCISE * with Pat		WATER EXERCISE * with Pat
8:15 am - 9:15 am		LOW IMPACT CARDIO with Kaira		LOW IMPACT CARDIO with Kaira	
8:30 am - 9:30 am	GROUP CYCLE with Patti		GROUP CYCLE with Patti		
8:30 am - 9:00 am	INTRO TO STRETCH-N- STRENGTHEN		INTRO TO STRETCH-N- STRENGTHEN		INTRO TO STRETCH-N- STRENGTHEN
9:00 am - 10:00 am	STRETCH-N-STRENGTHEN with Nancy		STRETCH-N-STRENGTHEN with Nancy		STRETCH-N-STRENGTHEN with Nancy
9:30 am- 10:30 am		RAISING THE BAR/CARDIO with Bobbi Jo		RAISING THE BAR/CARDIO with Kaira	
10:15 am - 11:00 am		TAI CHI FOR BETTER BALANCE with Ben		TAI CHI FOR BETTER BALANCE with Ben	
10:30 am - 11:30 am	ARTHRICISE * with Michele		ARTHRICISE * with Michele		ARTHRICISE * with Michele
12:00 noon - 12:30 pm	EXPRESS CYCLE with Kaira	EXPRESS CYCLE with Kaira	EXPRESS CYCLE with Ed	EXPRESS CYCLE with Kaira	EXPRESS CYCLE with Kaira
1:30 pm - 2:15 pm	BEGINNING WEIGHT LIFTING with Darla		BEGINNING WEIGHT LIFTING with Darla		
5:15 pm - 6:15 pm	PILATES with Pat		PILATES with Pat		
	GROUP CYCLE with Darla	GROUP CYCLE with Pat		GROUP CYCLE with Darla	
6:00 pm - 7:00 pm	WATER EXERCISE * with Robin	CARDIO BOOTCAMP with Marcia	WATER EXERCISE * with Robin	CARDIO BOOTCAMP with Marcia	WATER EXERCISE * with Robin
7:00 pm - 8:00 pm	S.W.A.P. with Kaira		S.W.A.P. with Kaira		

* This class meets in the swimming pool and the pool is closed during class times.