



# VALLEY POINTS FAMILY YMCA—New Ken Branch

## GROUP EXERCISE — SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am						<b>Yoga</b> Alyssa (A)
8:30 am						<b>TRX</b> Dee (A)
9:00 am	<b>Monday Mix</b> Claire (A)	<b>Step N' Strength</b> Mary Ann (A)	<b>Flow Yoga</b> Dee (A)	<b>Step N' strength</b> Mary Ann (A)	<b>Flow Yoga</b> Dee (A)	
9:30 am						<b>Turbo Kick</b> Katie (A)
10:15 am			<b>Zumba Gold</b> Claire (A)			
10:30 am		<b>Tai Chi for Beginners</b> Alice (A)				
11:00 am	<b>SS Cardio</b> Beckie (A)	<b>Tai Chi for Wellness</b> Alice (A)	<b>Moving For Better Balance</b> Alice (A)	<b>Tai Chi for Energy</b> Alice (A)	<b>SS Circuit</b> Sandy (A)	
Noon	<b>SS Classic</b> Beckie (A)	<b>SS Yoga</b> Beckie (A)	<b>SS Classic</b> Alice (A)	<b>SS Yoga</b> Beckie (A)	<b>SS Classic</b> Sandy (A)	
P.M. CLASSES						
5:30 pm	<b>Flow Yoga</b> Dee (A)	<b>PiYo!</b> Alyssa (A)	<b>Flow Yoga</b> Dee (A)			
6:00 pm				<b>*MixxFitt</b> Allyson(A)		
6:30 PM		<b>*MixxFitt</b> Allyson (A)				
6:45pm	<b>Full Body Blast</b> Sandy (A)		<b>Full Body Blast</b> Sandy (A)			

## GROUP CYCLING — SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
8:00 am						<b>Cycling</b> Katie	
9:00 am	<b>Cycling</b> Jill	<b>Cycling</b> Jill	<b>Cycling</b> Bea	<b>Cycling</b> Jill	<b>Cycling</b> Laura	<b>Cycling</b> Megan	
5:30 pm					<b>Friday Cycling</b> Story		
6:00 pm	<b>Cycling</b> Alyssa	<b>Cycling</b> Carol	<b>Cycling</b> Carol	<b>Cycling</b> Alyssa			
7:00 pm	<b>Cycling</b> Megan	<b>Cycling</b> Sandi	<b>Cycling</b> Story	<b>Cycling</b> Story			

**NOTE:** Classes vary in length from 30 to 90 minutes please check with instructor for class end times

**CLASS LOCATIONS :** (A) Studio A, (B) Studio B, (G) Gymnasium , (W) Weight Room

**\*-Denotes New Class/New Time**