

# ALABASTER YMCA GROUP EXERCISE SCHEDULE

## February 2012

Group Exercise Room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	
	5:15 AM		Express Circuit 5:00 AM Carol H	Spinning Carol	Express Circuit 5:00 AM Carol H				
	8:30 AM	BodyPUMP Deb	Spinning Jeronda	BodyPUMP Denise	Spinning Holly		8:00	BodyPUMP Kristi/Laura	
	8:45 AM					Pilates Heather	9:15	Spinning Anna	
	9:30 AM	Spinning Sue	BodyPUMP Deb	Spinning Holly	BodyPump Robyn	Spinning Holly	9:15-10:00	Zumba Aimee	
	9:35 AM	Zumba Denise		Zumba Denise			10:05	Zumba Lori	
	9:45 AM					Zumba Angela			
	10:30 AM				Cardio & Core Robyn 10:30	Yoga Angela 10:45			
	4:30 PM		BodyPUMP Carol		Yoga Kimberly				
	4:45 PM	Zumba ROTATION							
	5:30 PM	BodyPUMP Rod	Spinning Anna	BodyPUMP Noel	Spinning Sue				
	6:00 PM		Zumba Lori		Zumba Sandra				
	6:00 PM		Express Circuit UPSTAIRS/Carol H		Express Circuit UPSTAIRS/Carol H				
	6:15 PM	Spinning Brandy							
	6:30PM (M) 7:00PM (T)	Zumba Rod	Yoga Kimberly 7:00PM						

SPINNING CENTER	DATE	Monday	Tuesday	Wednesday	Thursday	Friday	DATE	Saturday
	Feb 1-4			5:15 AM INTERVAL 9:30 AM INTERVAL 5:30PM ENDURANCE	8:30 AM INTERVAL 5:30 PM STRENGTH	9:30 AM ENDURANCE		9:15 AM INTERVAL
	Feb 6-11	9:30AM INTERVAL 6:15PM STRENGTH	8:30 ENDURANCE 5:30 PM ENDURANCE	5:15AM STRENGTH 9:30AM INTERVAL	8:30 AM STRENGTH 5:30 PM INTERVAL	9:30 AM STRENGTH		9:15 AM STRENGTH
	Feb 13-18	9:30AM INSTRUCTORS CHOICE 6:15PM ENDURANCE	8:30 INTERVAL 5:30PM STRENGTH	5:15 AM ENDURANCE 9:30AM INTERVAL	8:30 AM ENDURANCE 5:30 PM INTERVAL	9:30 AM INTERVAL		9:15 AM INTERVAL
	Feb 20-25	9:30AM INTERVAL 6:15PM ENDURANCE	8:30 INTERVAL 5:30PM INTERVAL	5:15AM STRENGTH 9:30AM STRENGTH	8:30AM STRENGTH 5:30PM INTERVAL	9:30AM ENDURANCE		9:15 AM STRENGTH
	Feb 27-29	9:30AM INSTRUCTORS CHOICE 6:15PM ENDURANCE	8:30 STRENGTH 5:30PM INTERVAL	9:30AM ENDURANCE 6:15PM STRENGTH				

