

South Montgomery County YMCA at Shadowbend Fitness Schedule: March 5—April 29

281-367-9622 ▼ *Minimum age 13 and older* ▼ *Classes with attendance below targeted number are subject to cancellation.*

Monday

5:30am	Indoor Cycling/Abs	Mindy	C
6:45am	BODYPUMP™	Debra	A
7:30am	*Deep H2O	Shelli	P
8:25am	Step	Mary	A
8:30am	Ballet Workout	Lisa	B
8:30am	Morning Mix	Allister	G
8:30am	*Deep H2O	Shelli	P
8:30am	*Indoor Cycling	Cindy W	A
9:35am	BODYPUMP™	Sharon/Mary	C
9:35am	Body Sculpting	Cindy H	G
9:40am	Floor Aerobics	Denise	B
10:45am	Seniorcize	Teri	A
10:50am	Yoga 1	Michele	B
12:00pm	Group Reformer (register)	Nancy S	B
1:00pm	Reformer Orientation (register)	Nancy S	B
4:30pm	BODYCOMBAT™	Ruth	A
5:20pm	Group Reformer (register)	Kim	B
5:35pm	Body Sculpting	Nicole O	A
6:25pm	New! Hip Hop (family class)	Tiffany	B
6:30pm	Prenatal Water Aerobics (register)	Jessica	P
6:40pm	Step	Sandy	A
7:00pm	*Indoor Cycling	Nikki	C
7:30pm	Zumba™	Mitzzy	B
7:30pm	Water Aerobics	TBA	P
7:45pm	BODYPUMP™	LeighAnn/Louise	A

Thursday

5:30am	*Indoor Cycling	Robin	C
6:00am	New! BODYCOMBAT™	Crystal	A
6:00am	Group Reformer (register)	Teri	B
7:00am	Mat Pilates	Teri	B
7:30am	Senior Watercize	Teena	P
8:25am	BODYPUMP™	Sarah/	A
8:30am	*Hi Low Express	Lisa Serice	B
8:30am	Maximum Core Strength	Andrea B	G
8:30am	Water Aerobics	Jessica	P
9:30am	BODYCOMBAT™	Cindy H	B
9:35am	New! Yoga 1-2	Sarah	A
9:35am	Super Cardio Sculpt (90 min)	Ruth	G
10:45am	Group Reformer (register)	Cindy	B
10:45am	Senior/Beginner Yoga	Nicole M	A
12:00pm	Silver Sneakers®	Kelly	B
12:00pm	Indoor Cycling	Jennifer	C
12:15pm	BODYPUMP™	Lisa Strong/Debra	A
4:30pm	Body Sculpting	Nicole O	A
5:35pm	Hi Low Aerobics	Pam M	A
5:45pm	Group Reformer (register)	TBA	B
6:40pm	BODYPUMP™	Pam M/Pam C	A
6:50pm	Yoga 1-2	Nicolle Z	B
7:45pm	Belly Dancing	Azza	A
7:45pm	*Indoor Cycling	Nora	C
8:00pm	Hip Hop (Family Class)	Tiffany	B

Tuesday

5:30am	*Indoor Cycling	Lisa	C
7:00am	Mat Pilates	Teri	B
7:30am	Senior Watercize	Shelli	P
8:25am	BODYPUMP™	Sarah/Louise	A
8:30am	*Step Express	Lisa Serice	B
8:30am	Maximum Core Strength	Andrea B	G
8:30am	Water Aerobics	Dee	P
9:15am	**Abs and Back	Lisa Serice	B
9:35am	Step	Denise	A
9:35am	Super Cardio Sculpt (90 min)	Ruth	G
9:35am	*Deep H2O	Dee	P
9:50am	Group Reformer (register)	Shellee	B
10:45am	Fit Over 50:BodySculpting	Nicole O.	A
10:50am	Mat Pilates	Mary	B
12:00pm	Silver Sneakers®	Dee	B
12:15pm	BODYPUMP™	Amy C /Lisa S	A
12:00pm	Indoor Cycling	Sarah G	C
4:30pm	Body Sculpting	Ruth	A
5:35pm	BODYCOMBAT™	Crystal/Sharon	A
5:45pm	NIA	Isabella	B
6:40pm	BODYPUMP™	Pam/Sharon	A
6:50pm	Yoga 1	Nicole M.	B
7:45pm	Belly Dancing	Azza	A
7:45pm	*Indoor Cycling	Nora	C

Friday

5:30am	*Indoor Cycling	Dana	C
6:45am	BODYPUMP™	Lisa Strong	A
8:25am	Step	Mary	A
8:30am	Morning Mix	Allister	B
8:30am	*Indoor Cycling	Nancy S	C
8:30am	Yoga 1-2	Tracy	G
8:30am	*Deep H2O	Dee	P
9:15am	**Abs and Back	Nancy S	C
9:35am	BODYPUMP™	Mary/Lisa Sims	A
9:35am	Body Sculpting	Cindy H	G
9:40am	Floor Aerobics	Denise	B
10:45am	Seniorcize	Jessica	A
10:50am	Mat Pilates Challenge	Heidrun	B
11:50am	BODYCOMBAT™	Tiffany	A
12:00pm	Group Reformer II (register)	Cindy W	B
12:00pm	New! SPINlates (90 min)	Shellee	C
1:00pm	Group Reformer (register)	Alice	B
4:30pm	New! Kids Yoga (age 6-10)	Patricia	A
5:30pm	Traditional YOGA (90 min)	Patricia	A

Saturday

8:05am	BODYPUMP™	Lisa Strong /Debra	A
8:05am	Step Challenge (75 min)	Kim	B
8:05am	Water Aerobics	Peggy/Annmarie	P
8:00am	Indoor Cycling (75 min)	Willie	C
8:30am	Prenatal Discussion & H2O (register)	Cassandra/Tammy	DE
9:15am	BODYCOMBAT™	Denise/Cindy H	A
9:25am	Beginner Mat Pilates	Kim	B
10:30am	Yoga 1-2	Michele D	A
10:30am	Group Reformer (register)	Kim	B

Sunday

3:00pm	Reformer Orientation (1st Sun of month/register)	Kim	B
3:00pm	Prenatal Orientation (1st Sun of month/register)	Cassandra	DE
4:00pm	BODYPUMP™	Diane/Lisa Strong /Pam M	A
4:30pm	Step	Cathy	B
5:15pm	BODYCOMBAT™	Diane/Tiffany	A

- Please sign up in the Welcome Center to complete a **free reformer** orientation. Completion of orientation is required to enroll in group reformer.
- Please do not enter BODYPUMP™ classes late.
- Family classes allow youth 10 and older with an adult
- Doctor's release is required for all prenatal participants
- Yoga classes indicate level 1=beginner, 2=intermediate, 3=advanced
- Classes with attendance below targeted number are subject to cancellation.
- Classes are 50-60 min in length unless noted *40-45 minute class **20-30 minute class

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

Updated 2-28-07

YHEALTH & WELLNESS
We build strong kids, strong families,
strong communities.

Wednesday

5:30am	Indoor Cycling	Cindy	C
6:45am	BODYPUMP™	Lisa Strong	A
8:25am	BODYCOMBAT™	Denise	A
8:30am	Ballet Workout	Lisa Serice	B
8:30am	Yoga 2-3	Michele D	C
8:30am	*Deep H2O	Jessica	P
9:35am	BODYPUMP™	Denise/Mary	A
9:40am	Zumba	Mitzzy	B
9:45am	*Indoor Cycling	Jennifer	C
10:45am	Seniorcize	Mary	A
10:50am	Mat Pilates Challenge	Cindy	B
12:00pm	Group Reformer II (register)	Alice	B
12:15pm	NIA	Isabella	A
1:00pm	Group Reformer (register)	Shellee	B
4:30pm	Beginner Step (Family Class)	Nancy B	A
4:30pm	Kickbox	Cindy H	B
5:35pm	Intermediate Mat Pilates	Kim	A
6:40pm	Step	Kim	A
7:30pm	Deep H2O	TBA	P
7:45pm	BODYPUMP™	Bonnie	A