

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Saturday Instructor Rotation for March 2010

### **Cycling: Saturdays 8 – 8:45 am**

March 6 – Jamie J.  
March 13 – Jamie J.  
March 20 – Millie D.  
March 27 – Debbie S.



### **Saturdays 8 – 9 am**

March 6 – Shelley S.  
March 13 – Kyle K.  
March 20 – Sue-Ann K.  
March 27 – Kristen Mc.

### **Stretch & Flex: Saturdays 9 – 10 am**

March 6 – Colleen R.  
March 13 – Cindy Mc.  
March 20 – Charity P.  
March 27 – Colleen R.



### **Saturdays 9 – 10 am**

March 6 – Jennifer B.  
March 13 – Corie R.  
March 20 – Judi S.  
March 27 – Cindy C.



### **Saturdays 10 – 11 am**

March 6 – Stacey H.  
March 13 – Richard H.  
March 20 – Judi S.  
March 27 – Cindy C.