



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STOWE GROUP EXERCISE FEBRUARY 2012

DOWNSTAIRS/CYCLE ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Cycling Trish Cardio 1,2,3		Cycling Trish Cardio 1,2,3			
8:10am	Cycling Millie Cardio 1,2,3	Cycling Lea Cardio 1,2,3	Cycling Millie Cardio 1,2,3	Cycling Lea Cardio 1,2,3	Cycling Millie Cardio 1,2,3	Cycling (8:00am) Rotation Cardio 1,2,3
9:00am		Pilates Lea Flexibility 1,2,3			Fitness Fusion Michelle H C & S 1, 2, 3	Yoga/Pilates Rotation Flexibility 1,2,3
10:15am	Yoga Sue-Ann Flexibility 1,2,3				Beginner Yoga Beth Flexibility 1,2	
4:30pm						
5:30pm	RPM® Michele J Cardio 1,2,3	RPM® Jamie Cardio 1,2,3	Zumba Lori Cardio 1,2	BodyFlow® Sue-Ann Flexibility 1,2,3		
6:30pm	BodyFlow® Jessica Flexibility 1,2,3	Intro to BodyStep® Jennifer Cardio 1,2	RPM® Debbie Cardio 1,2,3	RPM® Coretta Cardio 1,2,3		

1 = Beg. Level & kids 12 & up with parent, 2 = Intermediate Level,
3 = Advanced Level



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STOWE GROUP EXERCISE FEBRUARY 2012

UPSTAIRS ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:40am	Yoga Kathy Flexibility 1,2,3	BodyPump™ Kristen Strength 2, 3,*	Yoga Kathy Flexibility 1,2,3	BodyPump™ Kristen/Richard Strength 2, 3,*	BodyCombat™ Tara Cardio 2,3,*		
8:00am	Zumba (8:10) Pam Cardio 1,2	Hi/Lo Barbie Cardio 1,2	BodyPump™ (8:10) Shelley	Body Sculpting Barbie Strength 1,2	Fitness Fusion Colleen St & Cardio 1,2	BodyCombat™ Rotation Cardio 1,2,3	
9:00am	BodyPump™ Sue-Ann Strength 2, 3,*	BodyCombat™ Kristen Cardio 2,3,*	BodyFlow® Susan B Flexibility 1,2,3	BodyStep™ Sue-Ann Cardio 1,2,3	BodyPump™ Rotation Strength 2, 3,*	BodyPump™ Rotation Strength 2, 3,*	
10:00am	Senior Step (10:05) Lynn Low Impact 1,2	Fit Tots Rotation	Senior Step (10:05) Colleen Low Impact 1,2	BodyFlow® Sue-Ann Flexibility 1,2,3	Senior Step (10:05) Lynn Low Impact 1,2	Zumba Rotation Cardio 1,2	
11:00am	Fit for Life Lynn Low Impact 1,2	Fit for Life Lynn Low Impact 1,2		Fit for Life Lynn Low Impact 1,2			
12:15pm			Line Dancing Kathy Low Impact 1,2				2 pm BodyPump™ Rotation Strength 2, 3,*
4:30pm	Zumba Stephanie Cardio 1,2	BodyPump™ Stacey Strength 2, 3,*	4:00 Zumbatomic Lori	Zumba Donna M Cardio 1,2			3 pm BodyFlow® Rotation Flex. 1,2,3
5:30pm	BodyStep™ Stacey Cardio 1,2,3	BodyCombat™ Mark Cardio 2,3,*	BodyStep™ Judi Cardio 1,2,3	BodyPump™ Stacey Strength 2, 3,*	BodyStep™ Rotation Cardio 1,2,3		
6:30pm	BodyPump™ Adrian/Kyle Strength 2, 3,*	Fitness Fusion Michelle H C & S 1,2,3	BodyPump™ Kyle/Michele Strength 2, 3,*	BodyCombat™ Mark Cardio 2,3,*			
7:30pm	BodyCombat™ Kyle Cardio 2,3,*	BodyPump™ Judi Strength 2, 3,*	BodyStep™ Jennifer/Robin Cardio 1,2,3	BodyPump™ Judi Strength 2, 3,*			

**1 = Beg. Level & kids 12 & up with parent, 2 = Intermediate Level
3 = Advanced Level, *= age 16 & up**

PLEASE SIGN IN FOR CLASSES IN THE
UPSTAIRS ROOM AT THE FITNESS DESK 30 MIN
PRIOR TO THE START OF CLASS.

GASTON FAMILY YMCA – R.L. Stowe Family Branch
196 YMCA Drive, Belmont, NC, 28012
P 704-822-9622 www.gastonymca.org



Group Exercise Instructor Rotation Schedule February 2012

Cycling: Sat. 8 – 8:45 am

Feb. 4 - TBD

Feb. 11 - TBD

Feb. 18 – Shelton D

Feb. 25 – James L



Sat. 8-9am

Feb. 4 – Kyle K

Feb. 11 – Cindy C

Feb. 18 – Kristen M

Feb. 25 – Mark D

Yoga/Pilates: Sat. 9-10 am

Feb. 4 – Judi S

Feb. 11 – Colleen R

Feb. 18 – Michelle L (Sports
Stretching)

Feb. 25 – Jessica M



Sat. 9-10 am

Feb. 4 – Kyle K

Feb. 11 – Judi S

Feb. 18 – Stacey H

Feb. 25 – James L

Zumba: Sat. 10-11 am

Feb. 4 – Andreia W

Feb. 11 – Donna M

Feb. 18 – Lori B

Feb. 25 – Andreia W



Fri. 5:30-

6:30pm

Feb. 3 – Wanda R

Feb. 10 – Jennifer B

Feb. 17 – Robin W

Feb. 24 – Jennifer B



Sun. 2-3 pm

Feb. 5 - TBD

Feb. 12 – Robert J

Feb. 19 – Richard H

Feb. 26 – Shelley S



Sun 3-4 pm

Feb. 5 – Jessica M

Feb. 12 – Robert J

Feb. 19 – Jessica M

Feb. 26 – Jessica M