
































**NEWPORT COUNTY YMCA**  
792 VALLEY ROAD, MIDDLETOWN, RI 02842

"We build strong kids, strong families, strong communities"

**Group Exercise Schedule March 1 -April 25, 2010**




Need more information? Email [groupx@newportymca.org](mailto:groupx@newportymca.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 5:45AM Step Interval Michelle	5:45AM Cycle Design* Moira	5:45AM 3,2,1 Shred Cheryl	5:45AM Cycle* Michelle		
	 7:00AM Cycle* Kathleen		 7:00AM Cycle* Kathleen		7:05AM Zumba 101 Linda
8:00AM AOA Mary G.	8:00AM AOA-Dance 101 Denise	8:00AM AOA Kristen	8:00AM AOA Mary G.	8:00AM AOA Gail	 8:15AM Mixed Bag Cheryl/Moira
 9:00AM Kickboxing Design Tish	 9:00AM Step II - III Ana	 9:00AM Body Design Cheryl	 9:00AM Sports Cond. Challenge Kathy	 9:00AM 3, 2, 1 Shred Martina	 9:30AM Yoga 70mins Karen
 10:00AM Yoga Kristen	 10:00AM Body Design Val	 10:00AM Kickboxing Ana	 10:00AM Mixed Bag Val	 10:00AM Military PT Maggie	<b>Sunday</b> 8:00AM Tai Chi-in BB court Deb
11:00AM Senior Strength* Mary G.	11:00AM Military PT Maggie	11:00AM Zumba <i>starts 3/10</i> Marlene	11:00AM Senior Strength* Mary G.	<b>11:00AM</b> <b>Creative Dance*</b> Revka Hovermale	
12Noon Mixed Bag Val				<b>12Noon</b> <b>Moms in Motion*</b> <b>Lynda</b>	 9:00AM 20-20-20 Cheryl/Moira
 4:15PM Cycle Stefania	<b>4:15</b> <b>Kids Yoga*</b> <b>Martina</b>	 4:15PM Body Design Kim	 4:15PM Pilates II Kara	 5:00pm Dance 101 Denise <b>starts 3/12</b>	 10:15AM Yoga 90 mins Karen
 5:30PM Kickboxing Cheryl	 5:30PM Cardio Sculpt Tish	 5:30PM 30/30 Stacy	 5:30PM Body Design <i>starts 3/11</i> Marlene		
 6:30PM Zumba Gail	<b>CHOOSE</b> <b>TO</b> <b>LOOSE*</b>	 6:30PM Cycle Kathleen	 6:30PM Zumba Linda		

 **Cards are required for the indicated classes. Please pick one up 30 mins prior to class.**

**For the consideration of members and instructors, please arrive on time for all classes.**

 **\*Cycle classes** require signing up before class at front desk. Bikes are limited to first come, first serve.

**\*Creative Dance, Kids Yoga, Mom's in Motion, Mom-n-Me Yoga, Sr. Strength**-requires separate registration in office.

**\*Ports.-Offsite Classes** available in Common Fence Point-Strength & Stretch (addit'l fee)

**Master Classes** will be offered throughout the year. These are an additional cost & registration required.

All monies raised support the Programs of the YMCA.

**Studio Email List-need updates? Email me at [groupx@newportymca.org](mailto:groupx@newportymca.org) and stay informed!**

