



# Parkersburg YMCA



## 2012 Fitness Class Schedule

Effective January 1, 2012

CLASS TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:00-6:00am		Cycling (Roberta) (C)		Cycling (Roberta) (C)			
8:00-8:45am	Active Adults (Linda K.) (A)		Active Adults (Linda K.) (A)		Zumba Gold (Pam) (A)		
8:30-9:15am						Modified Yoga (Margaret) (A)	
8:30-9:30am						Cycling (Candy) (C)	
9:15-10:00am			Pilates (Parnaz) (A)		Pilates (Parnaz) (B)		
9:30-10:15am	Step (Deanna) (A)		Kickboxing (Crystal) (B)		Step (Deanna) (A)		
9:30-10:30am		Yoga (Deanna)(A)		Yoga (Pam) (A)		Strong (Jodi) (A)	
10:30-11:30am	Strong (Deanna) (A)		Strong (Michelle) (A)		Strong (Pam) (A)		
10:45 – 11:45		Silver Sneakers (Linda)(A)		Silver Sneakers (Pam/Karen)(A)			
2:00pm-3:00pm							
4:30-5:15pm		Starter Fitness (Candy) (A)		Starter Fitness (Candy) (B)			
5:00-6:00pm	Abs/Core (Linda M.) (A)			Cardio Burn (Linda) (A)	TNT (Sharon) (A)		
5:30-6:30pm	Strong (Linda M.) (A) 5:30-6:15pm	Zumba (Carla) (A)		Starter Cycling (Margaret)(C)	Cycling (C) 5:30-6:15 pm		
6:00-7:00pm		Cycling (Sara) (C)	Cycling (Sara) (C)				
6:30-7:30pm	T-N-T (Sharon) (A) Cycling (Nikki M.) (C)		T-N-T (Sharon) (A)				
6:45-7:45pm		RIP (Julie) (A)		Boot Camp (Julie) (A)			
7:00 – 8:00pm			Modified Yoga (Karen) (B)				

**Updated: 1/1/2012 \*All classes subject to change due to member participation!**

### Class Location Guide

(A) Aerobic Gym

(B) Downstairs Mini Gym (C) Cycling Room