

YGROUP EXERCISE™

Blue Ash YMCA
Group Exercise Schedule
June 2009
513-791-5000

Monday

Loveland New Hope
Baptist Church:

9 AM Silver Sneakers 2-
Cardio
10 AM Silver Sneakers 1-
Strength/Flexibility

Instructor: Jackie

5:45 – 6:30 AM	Group Cycling*	Cycling	Larry	Cycling Studio
7:35 – 8:20 AM	Silver Sneakers I – NEW!!	Land	Jackie/Brenda	Ferris Studio
8:30 – 9:30 AM	Aqua Motion	Water	Jill	Main Pool
8:40 – 9:40 AM	Cardio Pilates Mix	Land	Dianna	Ferris Studio
9:15 – 10:15 AM	Group Cycling*	Cycling	Robyn	Cycling Studio
9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
9:50 – 10:50 AM	Dance Aerobics	Land	Barb	Ferris Studio
10:45 – 12:00 PM	Yoga	Land	Jessica	Main Studio
10:55 – 11:40 AM	Body Sculpting	Land	Nancy	Ferris Studio
11:55 – 12:40 PM	Silver Sneakers I	Land	Karen	Ferris Studio
12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
12:45 – 1:35 PM	Silver Sneakers II	Land	Karen	Ferris Studio
5:40 – 6:40 PM	Pilates	Land	Leahn	Ferris Studio
6:00 – 6:45 PM	Deep Water Workout	Water	Sarah	Main Pool
6:00 – 7:00 PM	Group Cycling*	Cycling	Erica	Cycling Studio
6:50 – 8:05 PM	Step and Strength	Land	Katy	Ferris Studio
7:15 – 8:30 PM	Yoga	Land	Ashley/Cathy	Main Studio

Tuesday

Loveland New Hope
Baptist Church:

9 AM Silver Sneakers 1-
Strength/Flexibility

Instructor: Jackie

5:15 – 6:00 AM	Group Cycling*	Cycling	Chip	Cycling Studio
6:05 – 6:50 AM	Group Cycling*	Cycling	Mitch	Cycling Studio
8:30 – 9:30 AM	Aqua Motion	Water	Jill	Main Pool
8:35 – 9:15 AM	Bar Strength	Land	Nancy	Ferris Studio
9:25 – 10:15 AM	Group Cycling*	Cycling	Larry	Cycling Studio
9:30 – 10:15 AM	Step	Land	Diane	Ferris Studio
9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
9:30 – 10:45 AM	Yoga	Land	Leahn	Main Studio
10:15 – 10:45 AM	Strength Training	Land	Diane	Ferris Studio
11:00 – 12:00 PM	Pilates	Land	Josie	Ferris Studio
12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
5:45 – 6:40 PM	Group Cycling*	Cycling	Valerie	Cycling Studio
6:45 – 7:30 PM	Group Cycling*	Cycling	Amy	Cycling Studio
7:05 – 8:05 PM	Dance Aerobics	Land	Judy	Ferris Studio
7:30 – 8:30 PM	Liquid Cardio	Water	Barbara	Ferris Pool
8:10 – 8:55 PM	Zumba	Land	Trina	Ferris Studio

Wednesday

5:45 – 6:30 AM	Group Cycling*	Cycling	Robyn	Cycling Studio
7:35 – 8:20 AM	Silver Sneakers I – NEW!!	Land	Jackie/Brenda	Ferris Studio
8:30 – 9:30 AM	Aqua Motion	Water	Jill	Main Pool
8:40 – 9:40 AM	Cardio Strength and Tone	Land	Dianna	Ferris Studio
9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
9:40 – 10:40 AM	Group Cycling*	Cycling	Erica	Cycling Studio
9:50 – 10:50 AM	Dance Aerobics	Land	Barb	Ferris Studio
10:45 – 12:00 PM	Yoga	Land	Jessica	Main Studio
10:55 – 11:40 AM	Body Sculpting	Land	Trina	Ferris Studio
11:55 – 12:40 PM	Silver Sneakers I	Land	Trina	Ferris Studio
12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
12:45 – 1:35 PM	Silver Sneakers II	Land	Trina	Ferris Studio
5:30 – 6:30 PM	Pilates	Land	Heidi	Ferris Studio
6:00 – 6:45 PM	Deep Water Workout	Water	Sarah	Main Pool
6:00 – 7:00 PM	Group Cycling*	Cycling	Bob	Cycling Studio
6:35 – 7:35 PM	Zumba***	Land	Katy	Ferris Studio
7:15 – 8:30 PM	Yoga	Land	Ashley/Melissa	Main Studio

		Time	Activity	Equipment	Instructor	Location
Thursday	Loveland New Hope Baptist Church: 9 AM Silver Sneakers 2- Cardio 10 AM Silver Sneakers 1- Strength/Flexibility Instructor: Jackie	5:15 – 6:00 AM	Group Cycling*	Cycling	Chip	Cycling Studio
		6:05 – 6:50 AM	Group Cycling*	Cycling	Bob	Cycling Studio
		8:30 – 9:30 AM	Aqua Motion	Water	Jill	Main Pool
		8:35 – 9:15 AM	Bar Strength	Land	Nancy	Ferris Studio
		9:25 – 10:15 AM	Group Cycling*	Cycling	Heidi	Cycling Studio
		9:30 – 10:15 AM	Step	Land	Diane	Ferris Studio
		9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
		9:30 – 10:45 AM	Yoga	Land	Leahn	Main Studio
		10:15 – 10:45 AM	Strength Training	Land	Diane	Ferris Studio
		11:00 – 12:00 PM	Pilates	Land	Leahn	Ferris Studio
		12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
		5:45 – 6:40 PM	Group Cycling*	Cycling	Valerie	Cycling Studio
		6:45 – 7:30 PM	Group Cycling*	Cycling	Chris	Cycling Studio
		7:00 – 8:15 PM	Yoga	Land	Paul	Main Studio
		7:05 – 8:05 PM	Dance Aerobics	Land	Judy	Ferris Studio
7:30 – 8:30 PM	Liquid Cardio	Water	Barbara	Ferris Pool		

Friday	5:45 – 6:30 AM	Group Cycling*	Cycling	Bob	Cycling Studio
	8:30 – 9:30 AM	Aqua Motion	Water	Jill	Main Pool
	8:40 – 9:40 AM	Cardio Strength and Tone	Land	Jackie	Ferris Studio
	9:15 – 10:30 AM	Step and Strength	Land	Judy	Main Studio
	9:30 – 10:30 AM	Hydro'robics	Water	Ruth	Ferris Pool
	9:50 – 10:50 AM	Zumba/Tone	Land	Barb	Ferris Studio
	10:55 – 11:40 AM	Body Sculpting	Land	Erica	Ferris Studio
	11:55 – 12:40 PM	Silver Sneakers I	Land	Erica	Ferris Studio
	12:00 – 1:00 PM	Warm Water Workout	Water	Ruth	Main Pool
5:45 – 6:45 PM	Zumba	Land	Trina	Ferris Studio	

Saturday	7:15 – 8:15 AM	Group Cycling*	Cycling	Rotating	Cycling Studio
	7:15 – 8:30 AM	Bar Bootcamp	Land	Erica/Pat	Ferris Studio
	8:30 – 9:30 AM	Group Cycling*	Cycling	Rotating	Cycling Studio
	8:30 – 9:45 AM	Yogalates	Land	Jessica	Main Studio
	8:45 – 10:00 AM	Step and Strength	Land	Rotating	Ferris Studio
	10:15 – 11:15 AM	Dance Aerobics	Land	Judy	Ferris Studio

***Reserve a bike by phone one hour before class begins. Reservations for early morning classes are taken the evening prior. It is recommended that participants bring their own towels and water bottles to class. Padded bike shorts or gel seats are optional. First time cyclists please arrive 10 minutes early for bike settings.**

1. In order to reserve a bike, you must speak with a Member Services Representative; voicemail messages will not be counted as reservations.
2. One reservation allowed per phone call.
3. You will forfeit your spot if you are not present at the start of class. Your bike will be given to the first person on the waiting list.
4. Members may sign up for a second (consecutive) class if there is availability after they have completed their first class.
Call 791-5000 to reserve your bike.

*****No 6:35 PM Zumba class on the second Wednesday of each month.**

All group exercise classes are Members Only. Those with guest passes may take group exercise classes with the exception of Group Cycling.

