



Davis Family YMCA
June Group Exercise Schedule
2010

Mondays

6:00am Spin (D)
 8:00 am H2O Aerobics (pool)
 8:05am Total Body (A)
 8:30 am Pilates(B)
 9:00 am Step(A)
 9:00 am Spin (D)
 9:30 am SilverSneakers® (B)
 CardioCircuit
 9:45 am Total Body (A)
 11:30 pm SilverSneakers® (B)
 MSROM
 4-6 pm Youth Fitness
 5:00 pm Muscle Mania (A)
 5:30 pm Step/Abs (A)
 7:00 pm Yoga (B)
 7:00 pm Meet the Challenge(B)
 last class for summer 6/21

Ellen
 Becky P.
 Vickey B; 6/14 Anne W.
 Gina
 Karen
 Vickey B; 6/14 Anne P.
 Becky

 Karen
 Vicki K.; 6/28 Erin

 Dustin
 Vicki K; 6/28 Erin
 Vicki K; 6/28 Karen
 Debbie; 6/7 Holly
 Erin; 6/7 Debbie

YMCA Child Watch Hours

Morning Hours
 Mon-Fri 8am – 1pm
 Sat 8am-12:00pm
 Sun 1pm-4pm
Evening Hours
 Mon - Wed 4:30pm-8pm
 Thurs 4:30pm-8:30pm
 Fri 4:30pm-7pm
 Child Watch is available to members children
 ages 6 weeks and up. There is a 2 hour time limit
 per day for this member service.

**Call us 24 Hours in Advance to
 reserve a spot in Spin, Total
 Body and Boot Camp Classes.**
 777-9622

Wednesdays

6:00 am Spin (D)

 8:00am H2O Aerobics (pool)
 8:30 am Pilates (B)
 9:00 am Cardio Club(A)
 9:00 am Spin (D)
 9:30 am SilverSneakers® (B)
 CardioCircuit
 9:45 am Total Body (A)
 10:30am Yoga-lite (B)
 11:00am Zumba (A)
 11:30 pm SilverSneakers® (B)
 MSROM
 5:00 pm Total Body(A)
 5:50 pm Zumba (B)

6/2&16 Mike;
 6/9,23 & 30 Becky C
 Stephanie; 6/16 Vickey B.
 Karen; 6/2 Gina
 Anne P.
 Chris
 Vicki K.; 6/29 Erin

 Anne P.
 Holly
 Karen; 6/2 Suzette
 Holly

 Vickey B.;6/9& 23Anne W.
 Vicki K; 6/29 Becky B.

Tuesdays

8:00 am 1/2 + 1/2 H2O (pool) Holly
 8:05 am Boot Camp(A) Becky P.
 8:30 am Daybreak Yoga (B) Melissa
 9:00am Spin (D) Anne P
 9:00am Zumba (A) Karen; 6/1 Suzette
 10:05 am Kick Box Drills&Abs(A) Karen; 6/1 Anne P.
 10:00 am SilverSneakers® (B) Teresa
 MSROM
 11:00 am Yoga (B) Debbie
 11:00 am Silver Splash (pool) Amanda
 5:45 pm Pilates (B) Ellen; 6/1 Sarah
 6:00pm H2O Aerobics (pool) Amanda
 6:50 pm Spin (D) Ellen;; 6/1 Sarah
 6:15 pm Total Body (A) Alex
 7:00 pm ZUMBA (A) Alex

Thursdays

8:00 am 1/2 + 1/2 H2O (pool)	Amanda
8:05 am Muscle Mania (A)	Becky P.
8:30 am Daybreak Yoga (B)	Melissa
9:00am Zumba (A)	Karen; 6/3 Suzette
9:00am Spin (D)	Chris
10:05 am On the Ball(A)	Karen; 6/3 Vickey B.
10:00 am SilverSneakers® (B)	Teresa
MSROM	
11:00am Yoga (B)	Debbie
11:00 am Silver Splash (pool)	Amanda
12:00 pm Aqua Zumba (pool)	Karen; 6/3 Suzette
4-6 pm Youth Fitness	Jacob
5:45pm Pilates(B)	Sarah; 6/3 Ellen
6:00pm H2O Aerobics (pool)	Amanda
6:50 pm Spin (D)	Sarah; 6/3 Ellen
7:00pm Zumba (A)	Alex
7:30pm Power Flow Yoga(B)	Randy R; 6/3 Debbie

FAMILY ZUMBA

Calling all families to spend some time together on Saturday mornings at Family Zumba. Adults of all ages can attend with kids of all ages. Kids taking the class without an adult must be ages 6 and up. Join the fun on Saturday mornings at 10:30 am



Family Spin Meets on Sundays at 1:30. This class may be attended by adults and youth ages 10 and up. Please arrive early if you need assistance with your bike set-up.

Fridays

6:00am Spin (D)	Karen; 6/4 Ellen
8:00am H2O Aerobics (pool)	Becky
8:05 am Boot Camp (A)	Stephanie; 6/18 Karen
8:30am Pilates (B)	Gina
9:00am Spin (D)	Anne P.
9:00am Step (A)	Vicki K; 6/25 Karen
9:30am SilverSneakers® (B)	Becky;
Cardio Circuit	
9:45am Total Body(A)	Vicki K; 6/25 Karen
11:00am Power Flow Yoga(B)	Holly

Saturdays

8:30am Weekend Warrior (A)	6/5 Vickey B. 6/12 Karen 6/19 Vickey B. 6/26 Alex(Zumba)
8:30am Pilates (B)	Gina
9:30am Spin (D)	6/5 Becky C. 6/12 Erin 6/19 Becky C. 6/26 Karen
10:30am Family Zumba(A)	Suzette
10:30am Yoga (B)	Debbie

Sundays

1:15 pm ZUMBA(A) Alex

Family Spin was cancelled due to low participation numbers

Class Location Key

- (A)– Studio A - aerobics room
- (B)– Studio B – mind/body room
- (C)– Studio C – kinesis room
- (D) - Studio D – spin room

(pool) – Pool (access through locker rooms)

(FF) – Fitness Floor

Please note that on occasion a class may need to move to another area – we will do our best to let the front desk staff know of any location changes