



For Youth Development
For Healthy Living
For Social Responsibility

GROUP EXERCISE

MAY 2012

	TIME & CLASS	INSTRUCTOR	STUDIO
MONDAY	7:00-8:00am	Richard's Yoga (\$)	Spirit Studio
	8:30-9:30am	Cycling**	Wellness Studio
	8:30-9:30am	Hard CORE	Aerobics Studio
	9:30-10:45am	Yoga Flow – All Levels	Spirit Studio
	12:00-1:00pm	Gentle Yoga	Spirit Studio
	1:00-1:45pm	Circuit	Aerobics Studio
	4:00-5:00pm	Richard's Yoga (\$)	Spirit Studio
	5:30-6:15pm	Cross Training	Aerobics Studio
	5:30-6:30pm	Pilates Apparatus (\$)	Pilates Loft
	6:00-7:00pm	Richard's Yoga (\$)	Spirit Studio
	6:30-7:30pm	Zumba	Aerobics Studio
TUESDAY	7:00-8:00am	Richard's Yoga (\$)	Spirit Studio
	9:00-10:30am	Hot Yoga	Hot Yoga Studio
	8:30-9:30am	Body Conditioning	Aerobics Studio
	8:30-9:30am	Mat Pilates	Spirit Studio
	10-11am	Unavailable - YStaff Workout	Aerobics Studio
	12:00-1:00pm	Gentle Conditioning	Aerobics Studio
	12:15-1:15pm	Richard's Yoga (\$)	Spirit Studio
	12:30-1:30pm	Pilate Apparatus (\$)	Pilates Loft
	3:00-5:00pm	Sun Valley Ballet School	Aerobics Studio
	4:00-5:00pm	Richard's Yoga (\$)	Spirit Studio
	4:30-5:30pm	Pilates Apparatus (\$)	Pilates Loft
	5:00-6:20pm	Taekwondo- All Belts (\$)	Aerobics Studio
	5:30-6:45pm	CorePower Yoga – Level 2	Spirit Studio
5:30-6:30pm	Kettlebell Bootcamp	Basketball Court	
6:20-7:00pm	Taekwondo- Adults & Adv. (\$)	Hot Yoga Studio	
6:30-7:30pm	Zumba	Aerobics Studio	
	7:30-8:00pm	Zumba Step Review	Aerobics Studio
WEDNESDAY	7:00-8:00am	Richard's Yoga (\$)	Spirit Studio
	8:30-9:30am	Cycling***	Wellness Studio
	9:30-10:45am	Yoga Flow – All Levels	Spirit Studio
	12:00-1:00pm	Gentle Yoga	Spirit Studio
	12:30-1:30pm	Intro to Pilates Apparatus (FREE)	Pilates Loft
	1:30-2:30pm	Gentle Yoga & Meditation	Spirit Studio
	1:00-1:45pm	Circuit	Aerobics Studio
	3:00-5:15pm	Sun Valley Ballet School	Aerobics Studio
	4:00-5:00pm	Richard's Yoga (\$)	Spirit Studio
	5:15-5:45pm	Connie's Core	Spirit Studio
	5:30-6:15pm	Body Conditioning	Aerobics Studio
	5:30-7:00pm	Hot Yoga	Hot Yoga Studio
	6:00-7:00pm	Richard's Yoga (\$)	Spirit Studio
	6:30-7:30pm	Zumba	Aerobics Studio

THURSDAY	7:00-8:00am	Richard's Yoga (\$)	Richard Odom	Spirit Studio
	9:00-10:30am	Hot Yoga	Beverly DeChevrieux	Hot Yoga Studio
	8:30-9:30am	Body Conditioning	Suzanne Mulenos	Aerobics Studio
	8:30-9:30am	Mat Pilates	Hilarie Neely	Spirit Studio
	11-11:30am	Stella's 30 Meditation (off 5/3 & 10)	Stella Stockton	Spirit Studio
	12:00-1:00pm	Gentle Conditioning	Ali Lane	Aerobics Studio
	12:15-1:15pm	Richard's Yoga (\$)	Richard Odom	Spirit Studio
	12:30-1:30pm	Pilates Apparatus (\$)	Dianne Urban	Pilates Loft
	2:30-4:45pm	Sun Valley Ballet School	SVBS (208-806-1441)	Aerobics Studio
	4:00-5:00pm	Richard's Yoga (\$)	Richard Odom	Spirit Studio
	4:30-5:30pm	Pilates Apparatus (\$)	Diane Urban	Pilates Loft
	5:00-6:20pm	Taekwondo- All Belts (\$)	Master & Mrs. Peterson	Aerobics Studio
	5:30-6:45pm	Prenatal Yoga	Olympia Nuttall	Hot Yoga Studio
	5:30-6:45pm	Yoga Flow – Level 2	Phoebe Pilaro	Spirit Studio
5:30-6:30pm	Kettlebell Bootcamp	Muffy Ritz	Basketball Court	
5:30-6:30pm	Cycling**	India Wysong	Wellness Studio	
6:20-7:00pm	Taekwondo – Adults & Adv (\$)	Master Peterson	Learning Loft	
6:30-7:30pm	Zumba	Niki Valdez	Aerobics Studio	
FRIDAY	7:00-8:00am	Richard's Yoga (\$)	Richard Odom	Spirit Studio
	8:30-9:30am	Cycling**	Cynthia	Wellness Studio
	9:30-11:00am	Yoga Flow – Level 2/3	Pilar Tumolo	Spirit Studio
	12:00-1:00pm	Gentle Yoga-low back focus	Katherine Pleasants	Spirit Studio
	1:00-1:45pm	Circuit	Suzanne Mulenos	Aerobics Studio
	3:00-5:15pm	Sun Valley Ballet School	SVBS (208-806-1441)	Aerobics Studio
	4:00-5:00pm	Richard's Yoga (\$)	Richard Odom	Spirit Studio
5:30-6:30pm	Zumba Toning	Natalia Irvine	Aerobics Studio	
SAT	9:00-10:00am	Richard's Yoga (\$)	Richard Odom	Spirit Studio
	10-11am	Zumba	Niki & Laura	Aerobics Studio
	10:15-11:15am	Pilates w/ Props (mat)	Margie Cooper	Spirit Studio
	4:30-5:45pm	Restorative Yoga	Katherine Pleasants	Spirit Studio
SUN	4:30-5:45pm	Restorative Yoga*	Nancy & Heidi*	Spirit Studio

* Restorative Teachers: 5/6 & 13 – Heidi Scherthanner, 5/20 – Nancy Lemaster; No class 5/27

** Call in to reserve your bike starting at 6:15am the day of class. 727-9622

(\$) Additional fees for these classes

(\$) **Richard's Yoga** \$25/month for (members); Punch cards available (non members)

(\$) **Taekwondo** \$25/month for (members); \$50/month (non members)

(\$) **Pilates Apparatus** \$15/session (members); \$20/session (non members)

If you'd like to take Pilates at a time we do not offer, we'd be happy to set up private/small group instruction for you.

More info?

See our website for more info: www.woodriverymca.org

Email Health & Wellness Director, Liz Clark at lclark@woodriverymca.org

Call the Fitness Center at (208) 928-6713