

Bangor Y Group Exercise Schedule

Spring 2009

03/09/2009-6/14/2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am	Cardio Step Mark	Group Power Sheila	Group Active Amy	Fitness Yoga Sheila	Group Power Sheila	
6:00 am		Cycling Karl/Duane		Cycling Karl/Duane		
8:15 am	Group Active Heidi		Group Active Heidi		Group Active Becky	Group Active Wendy 8-9 am
9:30 am	Cardio Interval Heidi	Group Power Becky	Group Groove Heidi	Group Power Tammy	Cardio Interval Heidi	Group Power Rotating 9:15-10:15 am
						Cycling Wendy 9:15-10:15 am
12:10 pm	Group Power Becky 12:10-1:10	Lunchtime Yoga Lisa 12:10-12:55	Group Power Tammy 12:10-1:10		Lunchtime Yoga Lisa 12:10-12:55	Group Groove 10:30-11:30 Rotating
4:15 pm	Group Groove Tammy	Group Power Jen/Kip		Group Active Sheila		
5:30 pm	Cardio Step Mark <hr/> Yoga/Pilates Stretch Mix Allison	Group Active Amanda ----- Cycling Wendy/Jen	Cardio Step Amy ----- Yoga/Pilates Stretch Mix Allison ----- Group Groove Rebecca	Group Power Amanda ----- Cycling Jen	Group Active Rotating	<i>SUNDAY</i> Cycling Karl 10:30-noon Class will end for the season in April
6:40 pm	Group Power Rebecca	Fitness Yoga Joann ----- Belly Dancing Kitty		Cardio Step Heidi/Mark		41